

*Deborah L. Martin, M.D., C.C.F.P., (E.M.)*

## Using BOTOX To Bring Out The Real You

It may come as a surprise to some that Botox often has a pronounced positive effect on the emotional well being of the recipient when it is injected accurately and with artistry. We sometimes think that the use of such substances means that a person is simply vain, or that he/she is unwilling to accept the aging process; however, the reverse is quite often the truth.

When Botox is applied with artistry, based on a thorough medical understanding of the musculature of the face, the effect is dramatic, yet still natural in appearance. Every face has its own distinctive “look”. Without our subtle differences all human faces would look much more the same. We express ourselves uniquely; meaning that we each use certain muscles more than others. Look, for example, at any face in a crowd. Watch them speak, argue, laugh, and be pensive.



Dr. Deborah Martin

*The muscles are important.  
They convey feelings, and are unique to us all.*

Botox has the ability to weaken certain muscles, and in doing so diminish the effects of lines and wrinkles that are caused by certain habitual facial expressions, such as frowning or brow furrowing. If we abolish them entirely, then the outcome can be a “frozen” expression, which is far from acceptable.

*A skilled application of Botox, however, can cause specific muscles to reduce their dominance, and in doing so lessen their effect on skin.*

Women who take the time to research the benefits of Botox recognize the value of entrusting an experienced physician who is well schooled in Medical Aesthetics. They are also far more likely to take care of themselves in every other way, ranging from going to the gym to investing in their appearance and fashion, and they have strong personal habits that reflect respect for themselves and the people around them. Not only do they accept who they are; most have accepted the aging process.

*Most of those professional women are not trying to stop the clock, but are seeking to gracefully impede the advancement of the physical signs of the aging process; to work with the natural process so that they can look their best at their particular stage of life.*

Take, for example a 45 year old woman who works as a dress buyer for a major department store. She is required professionally to maintain a certain level of appearance, as would be expected of any person working in the often intense fashion industry. Her hair and nails must be kept tidy and appealing, as must her complexion. Outside of work she has three children at home, little league, dance school, and all of the other little stresses of daily life that parenthood entails.

***She has finances to worry about, clothes to wash, and school functions to attend.***

Over the years some of that stress has come to manifest itself as a family facial expression; a deep “worry line” between her eyebrows. The line likely started when she was in her twenties, and then intensified during her thirties due to the pressures of raising small children. Now, after forty years, the expression that caused those wrinkles in her brow has become habitual.

***When she worries, or concentrates, what started out small has become a severe line.***

To others, both at work and in her personal life, this genuinely pleasant woman appears angry, and it is generally assumed by her expression alone that she does not like them, or their ideas. Over time, as those around her have become used to seeing that expression of apparent constant disdain, the woman has unjustly earned the reputation of being simply a negative person.

Of course nobody can be expected to understand the truth; that this genuinely pleasant woman has simply developed the habit of using those specific muscles on such a regular basis that the skin has been deeply affected.

***Once the habit establishes itself it is almost impossible to undo it, and the line becomes permanent.***

Suppose she was to use Botox on the area a few times, and in doing so temporarily inhibit the dominance of the muscle that is causing the unappealing feature. Suddenly, this woman would not be able to make that expression that has become so engrained by habit, or at least she would become consciously aware that she was doing it.

Without really understanding why, her friends and co-workers would sense that she is more rested, and without the deep crevice that had made her look so angry she would appear more open; which is likely much closer to the truth. Over a period of a few months she would lessen or outright lose that habit of tightening her forehead muscles when she speaks to them.

***Her expression would soften, and eventually the line will all but disappear.***

***Once the habit was gone a bit of filler could go a long way to repairing the existing damage.***

The result would be a younger, less tired, more open expression that is less intimidating, and more inviting to others. Self esteem is the next to rise as she begins to “act” like the person that she appears to be, even though that person was in truth always there.

*Deborah L. Martin, M.D., C.C.F.P., (E.M.)*

## About Dr. Deborah Martin

Today, the options in the field of Medical Aesthetics are often complicated, and can easily become overwhelming. At Dr. Deborah Martin's Vein & Medical Aesthetics Clinic you will find professional and experienced medical staff who are ready to help you make an informed decision about a wide variety of medical and cosmetic choices.

Dr. Deborah Martin is a medical physician, as certified by the College of Physicians & Surgeons of Ontario, who brings with her more than twenty years of diversified experience in Emergency Care and Medical Aesthetics. Dr. Martin graduated from the School of Medicine at Queen's University in 1986, and then went on to specialize in Sclerotherapy by studying with physicians in Houston, Texas, San Diego, and San Francisco, CA. Dr. Martin's Vein Clinic was first opened in 1995. Although not initially drawn to Medical Aesthetics, Deborah Martin came to empathize with the physical and emotional effects that the passage of time has on all of us. Most of her patients were women in their thirties or forties and fifties, like herself, who had raised their families and were looking for a new lease on life. The transition to full Medical Aesthetic Services was an easy one for this mother of three to make.



Dr. Martin has also trained over 400 medical professionals from around the world, and she has been approved and accredited by the Ontario College of Physicians and Surgeons as an internationally known and respected expert and trainer in the fields of Sclerotherapy, BOTOX and Aesthetic Filler, and Laser Skin Rejuvenation. All training is conducted through the assistance of volunteer patients.

All members of Dr. Martin's team strive to provide their clients with the best options in the field of medical aesthetics while always taking into consideration the value of the investment in their procedures.

***The clinic's mission: To replenish youth in "middle age".***

This has become an attainable goal for many of the Clinic's clients, who have consistently received quality care and professional services in the treatment of Varicose and Spider Veins, BOTOX and Fillers, Laser Hair Removal, Skin Rejuvenation, IPL Photofacials, and Hyperhidrosis.

For more information please visit

[www.drmartinsclinic.com](http://www.drmartinsclinic.com)