

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

## Smiling Through Our Earned Wrinkles

Many of the lines that are associated with aging are simply the result of habits; great ones like laughing and smiling, as well as less attractive ones such as furrowing of the brow while thinking, or squinting while driving. Other wrinkles are brought about because of the inevitable loosening of the skin that occurs when an area of skin is stretched or compressed too frequently.

*Liken your skin to a newly pressed white shirt.*

One man buys the shirt and hangs it on a hanger. The other takes it down daily, throws it on the bed, then decides to wear a different shirt that day and puts it back on the hanger. Neither man has actually worn the shirt throughout the year, but when compared side by side the difference in the appearance of the two shirts is remarkable.



**Dr. Deborah Martin**

*The shirt that was cast aside frequently looks like it is older when in fact they are both the same age.*

The media likes to depict BOTOX as the process of paralysing muscles, so that the recipient is left in a frozen or outwardly emotionless state. Quite the opposite should be true – it is critical that natural expression is maintained and emotion is visible on our faces. Those movements are critical for interpersonal relationships, for protecting our eyes from the sun, and for expressing emotions of every kind.

*In every individual, the use of the muscles can be augmented in some areas and reduced in others, with the outcome being to support the face in a more complementary manner.*

Not all repetitive facial gestures are bad. For example, there are a variety of benefits to laughing every day. In addition to releasing endorphins into the bloodstream, which creates a happier feeling, laughing tends to attract others, and to cause them to treat us more openly. In fact, over time, our faces come to reflect the amount of time that we spend smiling, and that can be a very good thing.

*The zygomaticus major and minor are the most significant smiling muscles. Together they lift the cheeks up and out, resulting in a smile.*

When these muscles are used, the corners of the mouth turn up into a smile, the cheeks appear higher and we look happier. Over time, as we smile more often, the zygomaticus muscles become stronger, just like our biceps become bigger when we work them out at the gym. Look carefully at very happy people. Their mouths tend to curve up, their cheeks appear fuller, and they often seem more approachable.

*Those people have a strong muscular ability to smile which supports the face in an amicable way.*

There is, however, also a muscle called depressor anguli oris. Its job is to pull the corners of the mouth down. We use it to frown, and some of us use it more than others when we think and talk. When we stimulate that muscle instead of the zygomaticus muscles, the mouth turns down, resulting in a less approachable appearance.

*When a person has a downturned mouth it is not necessarily because they are always unhappy. Perhaps over time they have fallen into the habit of using their depressor anguli oris (DAO) muscles instead of their zygomaticus, resulting in more frowns than smiles.*

An injection of BOTOX into the DAO will weaken it, resulting in an end to its dominance over facial expressions. In addition, the recipient will also simultaneously become aware of their habit of always using that muscle, which might inspire them to work on buffing up their smiling muscles.

*The result is clearly somebody who appears happier.*

In addition to improved appearance, the BOTOX recipient feels better about themselves when they look in the mirror; resulting in a better mood, more confidence, and less of a reason to overwork those DAO “frowny” muscles.

Personally, I call that a win/win scenario !

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## 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)