

HEALTH MATTERS

Stop the Clock

Things to know about getting **Botox** in Shanghai

▶ Aging is a fact of life, but who says you have to live with wrinkles? To get the scoop on Botox in Shanghai, we spoke to Dr. Song Jianxing, Director of Plastic and Cosmetic Surgery at Shanghai East Plastic and Cosmetic Surgery Clinic, and Dr. Michelle Ding, a dermatologist at Shanghai United Family Hospital.

Botox is a toxin that when injected into muscles in very small quantities reduces the appearance of wrinkles and fine lines. If you need proof of its effectiveness, look at Joan Rivers. Expensive in the West, Botox is much more affordable here and becoming increasingly available. Dr. Ding says that, "Due to its increasing popularity in China, there have been reports of small clinics and beauty salons passing off illegally-obtained, fake Botox as the real thing," and stresses that it's essential that Botox be injected only by an experienced doctor at a licensed clinic.

Domestically manufactured Hengli is nearly half the price of American-manufactured Botox from pharmaceutical company Allergan. At Shanghai East Plastic and Cosmetic, Allergan is ¥2,000 per area, while Hengli is ¥1,200. Dr. Song says the price gap stems from manufacturing costs and results in only small differences. While the full effects of most Botox can be seen in three to 14 days, Chinese Botox lasts

three to six months and Allergan lasts at four to six. At East Plastic and Cosmetic, 60 percent of patients go with the Chinese variety.

Dr. Ding cautions you to "stop using aspirin for two weeks prior to injection and, after getting the treatment on your face, keep your head upright and do not touch or rub the treated area(s) for two hours." According to American brand Allergan, Botox side effects include headaches, slight bruising around the injection site, "respiratory infection, temporary eyelid droop[ing], nausea and flu-[like symptoms]." Luckily, getting Botox is significantly less painful than getting vaccinations.

In addition to reasons of vanity, Botox can be used to treat hyperhidrosis, i.e. excessive sweating. Before turning to Botox to control your sweating, talk it over with your doctor. According to Dr. Song, Botox can also be used to treat chronic headaches, migraines, muscular spasms, back and neck pain and even some forms of depression.

Botox can be very effective and is approved by the US Food and Drug Administration. It's important to keep in mind, though, that it's only been studied for 20 years, according to an Allergan spokeswoman quoted in *The Telegraph*, and so the long term side effects are not yet known. ■ **Sophie Friedman**

Health Events

SUNDAY, AUG. 19

✦ Detox 7-Day Program

It's proven that a body cleanse can improve your health instantly. Join the Wellness Works and Evolving Wellness for this seven-day program of workshops, healthy menu options and facilitated detoxifying diet cleanses and you will be rewarded with better skin, energetic body and stronger immune system. 3pm

The Wellness Works.
www.the-wellness-works.com

EVERY SATURDAY

✦ Traditional Chinese Medicine Experience / Study Tour

Dating back over 3,000 years, TCM focuses on balancing the body's *yin* and *yang* energies along with the five elements and treats symptoms as part of a bigger picture. If you are interested in this ancient medical system, join this free TCM study tour and learn everything from the diagnosis methods and herbal remedies to acupuncture, cupping and *tai chi*. 3pm

San'ai TCM Clinic, 138-1629-5899

ONGOING

Free Orthodontic Consultation

GHC Medical Center is offering free orthodontic consultations with Dr. David Austin. Dr. Austin is a registered specialist in orthodontics and he will provide free consultation to assess which orthodontic treatment is best for you so you can smile with confidence. 8am

Global HealthCare Medical & Dental Center 5298-6339, www.ghcchina.com

Beauty Deals

ONGOING

Fifty Percent Off Manicure

Shoes are a women's best friend and adding a nice pedicure is the icing on those pretty foot candies. Head to Elements Spa for a pedicure treatment and you can get a manicure for only half of the original price, thanks to the celebration of the spa's first anniversary.

Elements Spa 5386-0060,
www.spa-elements.net

Chill Out And Rejuvenate

Cool off with a collagen mask for ¥180 (reduced from ¥300). The concentrated treatment also adds moisture and lessens the appearance of wrinkles and fine lines. 12am

Dragonfly Retreat 5406-0680,
www.dragonfly.net.cn

Heavenly Henna Summer Deal

Heavenly Henna is full of surprises this

