

# I took a shot at anti-aging

## *A personal essay on why I tried wrinkle filler injections*

By SHARON MACGREGOR

**B**eing of a certain age is one thing, starting to *look* a certain age is something altogether different and if it can be postponed, delayed or avoided in a simple way, I'm willing to give it a try. It's hard to miss seeing all those television commercials and magazine advertisements for skin care products and procedures that promise to either erase skin damage or prevent further signs of aging.

For years, I never thought I would be interested, but last August I celebrated my 40th birthday and with it, I started to notice all those little changes in my skin – changes I hadn't noticed until I hit 40. I couldn't help but stare at myself in the mirror.

In fact, I stared at myself so much, I could not talk to other

people if there was a mirror nearby because I would find a way to look at myself. What was the first thing I saw? My eyes were drawn to the lines from my nose to my lips, commonly called "parenthesis" by the cosmetic industry. These lines seemed so noticeable to me; surely everyone else saw them too.

I immediately decided to look into injection fillers and area doctors who could perform some 'miracle' to get rid of these lines on my face. I wanted to have the procedure done as soon as possible.

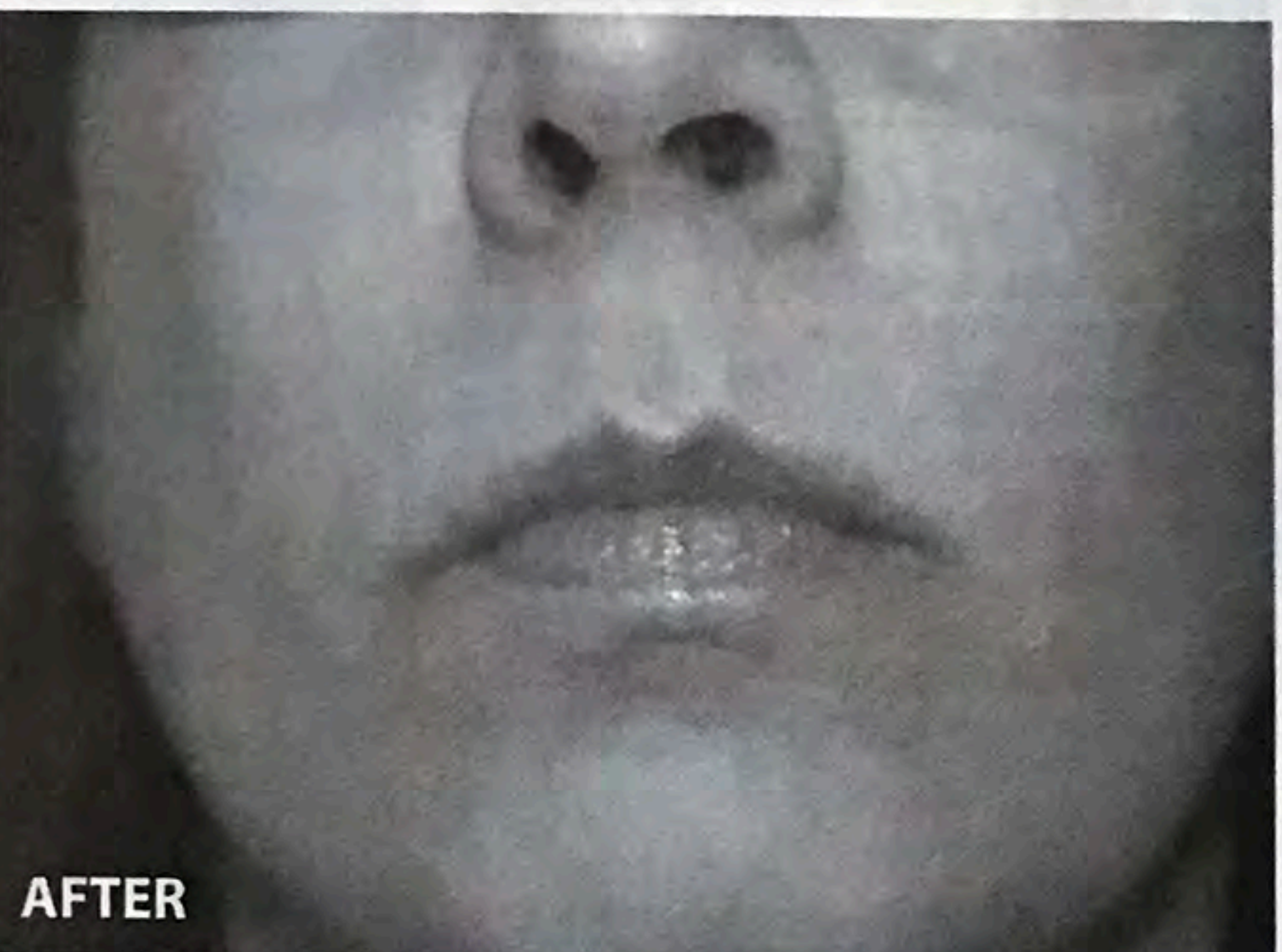
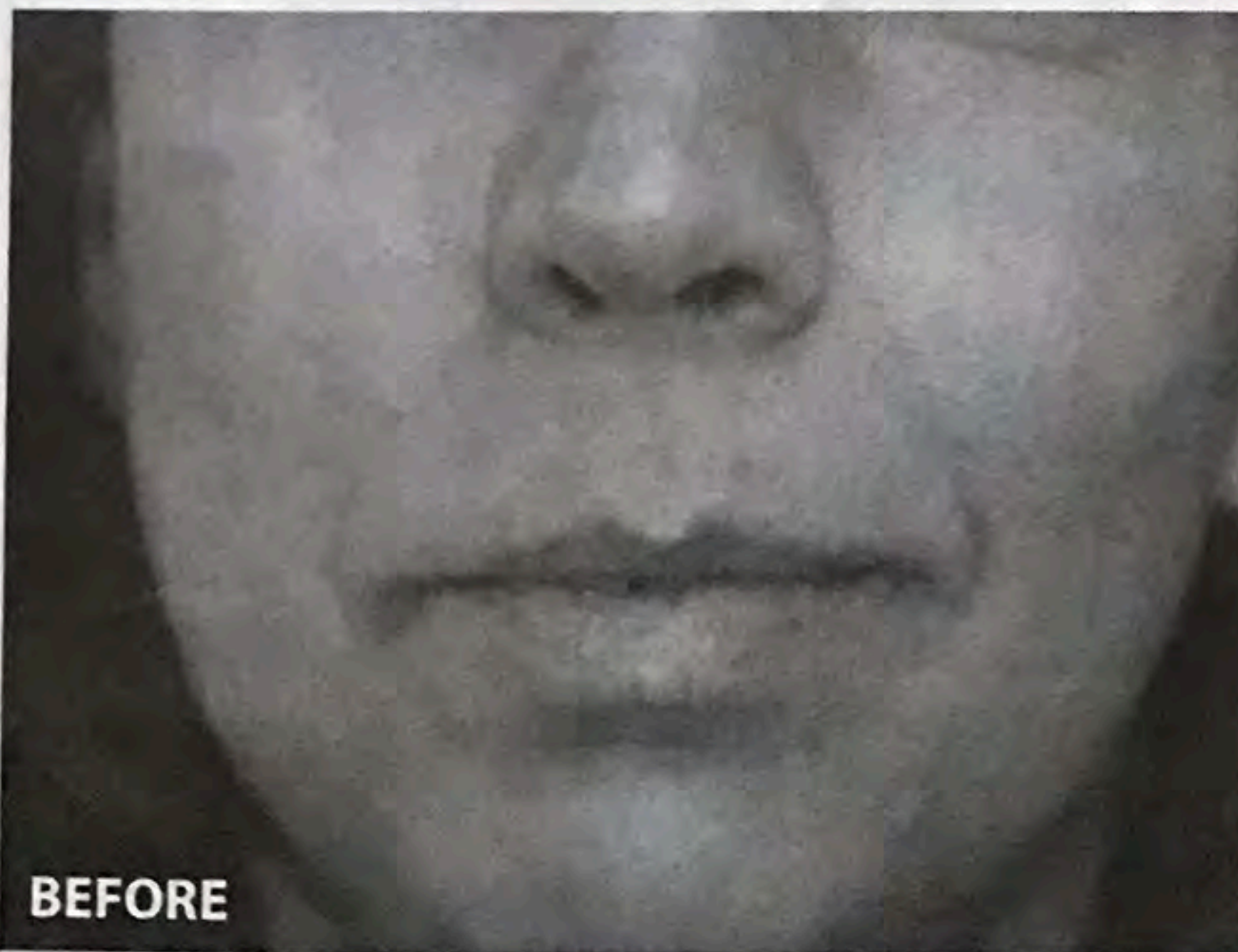
When I shared this decision with my co-workers and family, most said, "Why? You look fine." Perhaps I was becoming obsessed with this simple and small mark of time, but I could not stop looking at them and they were starting to feel larger than life. I remember saying, "This is my little red Corvette. I've turned 40 and every flaw is huge

in my eyes right now. If I can find a reasonable method to change the way I look, why not?"

### **Step One – I did my research**

I looked up options on the Internet and zeroed in on one specific product: Juvederm, an injectable gel with hyaluronic acid. The website *medterms.com* defines hyaluronic acid as "a viscous slippery substance that lubricates the joints, maintains the shape of the eyeballs, and is a key component of connective tissue." In short, it is a substance that can be found naturally in the human body. When used in the face it is designed to help build up or add volume to tissue.

Cosmetic filler injections, to me, seem like the analogy of fixing the problem at the root. If skin is thought of as a mattress and box spring, a wrinkle forms when the mattress droops into crevices the



When Sullivan County resident Sharon MacGregor turned 40, she decided it was time to do something about those lines around her mouth. In January she went to Dr. Mario Loomis in Middletown for Juvederm

injections. This procedure plumps up the area with a gel containing hyaluronic acid which adds volume to facial tissue. In these before and after photos you can see that the lines around Sharon's mouth are gone.

box spring no longer supports. Applying surface creams are not going to fix the actual problem. I need to boost the box spring.

The Juvederm® website also listed area surgeons. I decided to research Dr. Mario Loomis, a plastic surgeon in Middletown.

### Step Two – Time to make an appointment

I spoke with the receptionist at Dr. Loomis' office and learned he has performed many of these filler injection procedures using more than one brand of filler. The women in the office have also been patients. I learned that the procedure will take approximately 40 minutes from start to finish and cost under \$600. The results last approximately one year. I made an appointment for a consultation with enough time allotted to have the procedure immediately following.

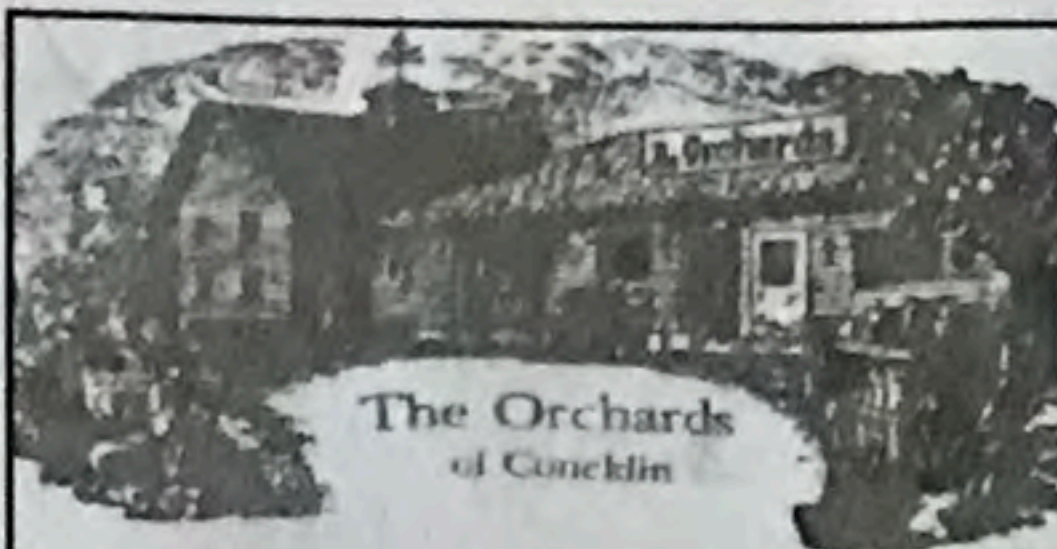
### Step Three – The big day!

On January 2, 2008, I woke up and started to question my decision. Should I cancel? What if something went wrong? I promised myself that if anything seemed too risky I would leave without having the procedure. It felt like I was giving myself permission to abort the mission and with that, I had a new wave of excitement. I could not wait to see the results.

During the initial formal consultation with the nurse, we talked about my medical history, allergies, medicines I was taking, and the typical necessary pre-treatment information.

I was shown a selection of before and after photographs in a book and did not immediately realize they were of actual procedures performed by this doctor, in this office. The photos varied in degree of severity from mild to severe and I could see I was clearly on the

(Continued on Page 44)



## The Orchards of Concklin

Farming in Rockland County since 1712

### Visit our online bakery

"Concklins apple-cider donuts come plain or white-powdered sugar. Famous in the Hudson Valley" *USA Today*

Pomona, NY 10970 • [www.theorchardsofconcklin.com](http://www.theorchardsofconcklin.com) • 845-354-0369

Great for pick-your-own apples and family fun fall events.

# Radio AM 1390 Disney

## Your Music Your Way

Have the  
Radio Disney Performers  
come to your event.  
Singing, dancing and  
other fun activities for  
kids! Interested?

Call Jeremiah today at  
845-471-1500 x120  
to find out more!