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Because You Matter

OUR **SERVICES**

General Medicine
Dermatology
Pediatrics & Adolescent Medicine
Varicose & Spider Veins
Plastic Surgery
Cosmetic Dermatology

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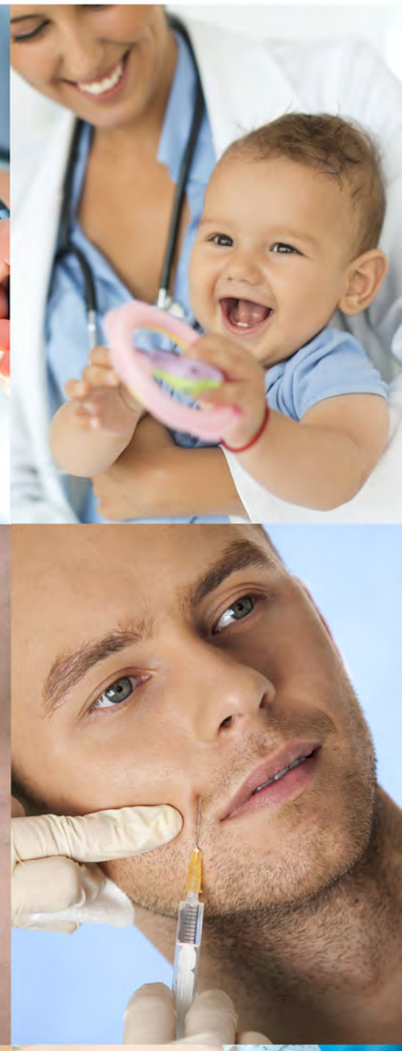

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Dr. Asad R. Shamma

Message from the General Manager

In this time of exponential growth in the UAE's healthcare sector, and when each individual facility claims that they serve the highest quality of care – the concept of high-quality care becomes clouded and loses its value. At SHAMMA Clinic, we consider this claim a commitment rather than an empty statement. We are proud to have sought and received accreditation by The Joint Commission, the world's leading accreditor of international health care organizations – an achievement that only a handful of Day Surgery Centers in the UAE have attained.

You, the patient, are the most important factor in the growing world of healthcare in the UAE, and we, at SHAMMA Clinic, aim to exceed your expectations with our services and care – Because You Matter the most to us.

OUR DOCTORS

"We take the time to realise what matters to you, because you matter most to us."

Professional
In how we reflect our expertise and build our customer's confidence

Genuine
In how we give honest advice feedback and build trust

Precise
In how we offer personalized treatment and minimize error in diagnosis

Compassionate
In how we show we care and make our patients feel comfortable

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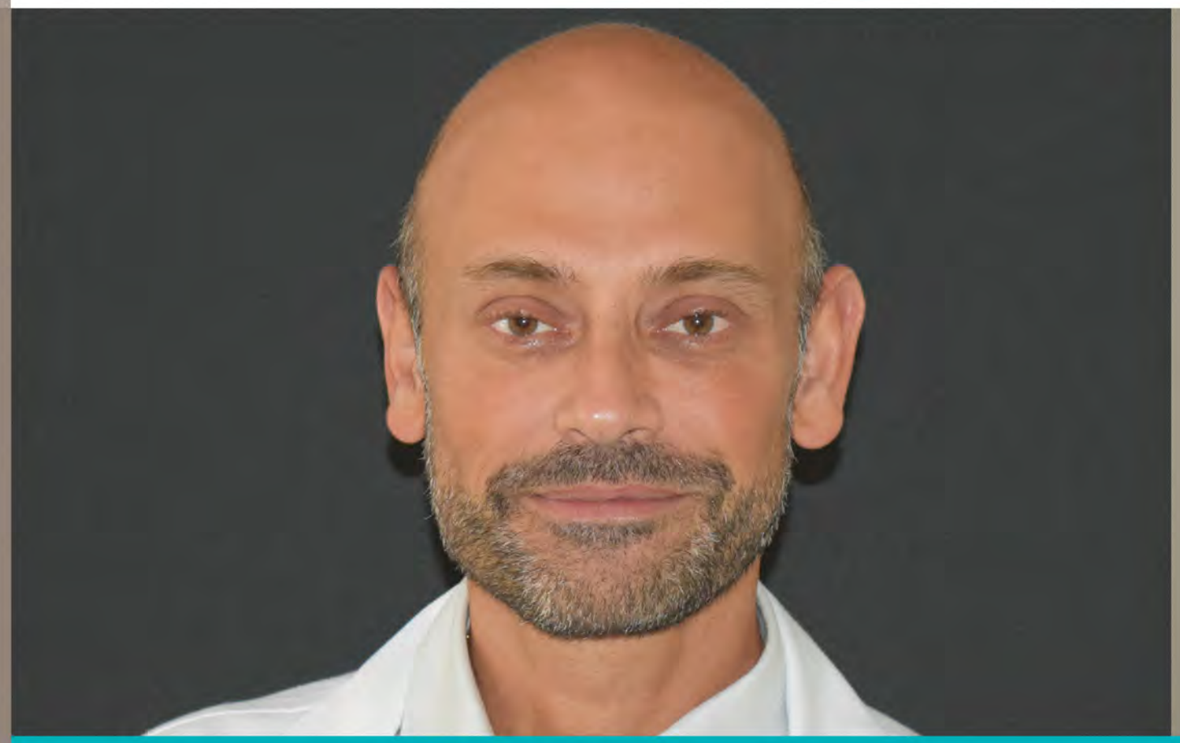

Dr. Fady G. Haddad

Specialist Dermatologist

With over 20 years of experience practicing Dermatology in the UAE, Dr. Fady G. Haddad has become known as the face of Dermatology in the UAE and the region as a whole. An AUB graduate with a degree in Dermatology, Dr. Haddad is an International Fellow at the American Academy of Dermatology and a member of the International Academy of Cosmetic Dermatology.

An excellent listener and compassionate, Dr. Haddad is known to be one of the most accommodating doctors of his kind in the Middle East, making all of his patients comfortable throughout their treatments, and making all of them happy to see him, even if under undesirable medical circumstances.

OUR DOCTORS

Dr. Chaouki Ghamlouche

General Medicine Specialist

A pioneer in medicine, Dr. Chaouki Ghamlouche MD is a European board-certified General Practice physician. With over 24 years of experience as a General Practitioner, Dr. Ghamlouche is an expert in every sense of the term when it comes to general, internal, and emergency medicine. With special expertise in acute medicine, emergency medicine, minor surgery, and life-threatening illnesses, Dr. Ghamlouche is a world-renowned professional in his field.

Dr. Ghamlouche has garnered a reputation for being one of the most sought-after physicians in the UAE and the region as a whole. He often participates in conferences throughout the world and is known to be a magic-maker for families in the UAE seeking treatment for their loved ones.

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OUR DOCTORS

Dr. Sarah Rizk

Pediatrics & Adolescent Medicine Specialist

Having graduated from the American University of Beirut with a degree in Pediatrics and Adolescent Medicine, Dr. Sarah Rizk is one of the most acclaimed doctors of her kind in the Middle East.

With her world-class expertise in Pediatrics, Dr. Rizk also specializes in well baby visits, immunizations, routine newborn care, adolescent medicine, infectious diseases in children, chronic and acute illnesses, child allergies, psychological disorders in children, and pediatric emergencies. Dr. Rizk is a world-class professional when it comes to providing safe, efficient, and patient-centered care. She is also an expert in preventive care and applying accurate diagnoses.

OUR DOCTORS

Dr. Rouba Abdennour

Pediatrics & Adolescent Medicine Specialist

A medical graduate of the American University of Beirut, Dr. Rouba Abdennour completed her residency in Pediatrics and Adolescent Medicine at AUB's Medical Center (AUBMC). During her studies, Dr. Abdennour underwent extensive training in both General and Sub-specialty Pediatrics.

In addition to her wide experience in General Pediatrics, Dr. Abdennour is educated in newborn care, well child visits, growth and development, immunizations, preventative care, adolescent medicine, and acute and chronic illnesses in children.

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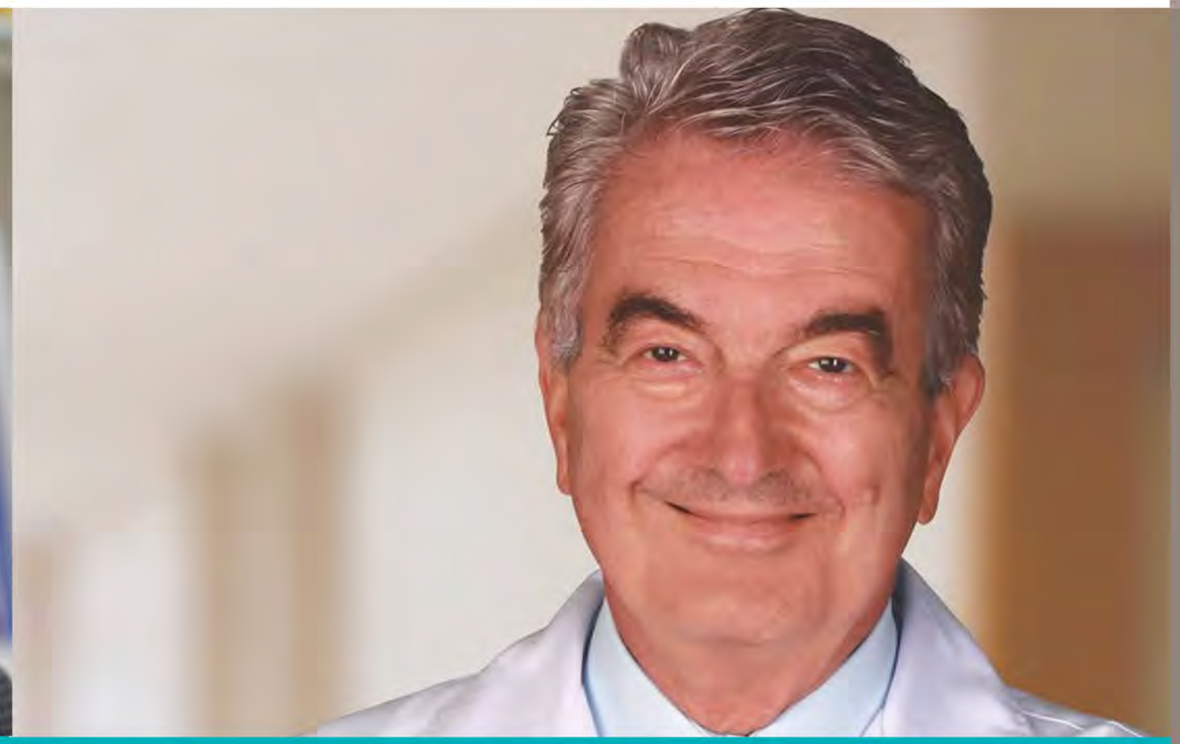
Dr. Fadi El Jiz

Plastic Surgeon Specialist

With over 20 years of experience, Dr. Jiz has become an artistic surgeon - personalizing cosmetic operations in accordance to every case. His aesthetic solutions are unique and are often met with great satisfaction and appreciation from his clients.

Dr. Jiz has become a perfectionist in the technique of operating under local anesthesia. He performs most of his cosmetic procedures in this way, with a stringent philosophy that this is the most acceptable technique for such procedures given the quicker recovery times and less associated risks. His list of procedures done under local anesthesia is vast and includes rhinoplasty, blepharoplasty, face lifts, otoplasty, liposuction and lipofilling, miniabdominoplasties, etc.

OUR DOCTORS



Prof. Michael Meurer

Consultant Dermatologist

Professor Meurer is an internationally renowned specialist in autoimmune and allergic diseases, in psoriasis as well as nail and hair disorders. Since starting to work in Dubai in 2008 he focused his clinical engagement additionally on the treatment of skin depigmentation diseases such as vitiligo and on eczema in children and adults. He has published almost 300 research articles and clinical reviews and is also giving lectures on these and other subjects.

An excellent listener and a compassionate man, Prof. Meurer is known to be one of the best doctors in understanding vitiligo and eczema, both in the U.A.E. and Germany.

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Dr. Asad R. Shamma

Vascular Surgeon Specialist & General Manager

Dr. Asad Riad Shamma graduated with distinction from the American University of Beirut top of his class. Now the CEO at SHAMMA Clinic in Dubai, Dr. Shamma is a world-renowned double board-certified General and Vascular Surgeon and a Fellow of The American College of Surgeons.

Dr. Shamma specializes in treating patients who suffer from hand, facial, chest, and varicose vein anomalies. Dr. Shamma's expertise includes laser vein removal, ablation of spider veins, laser treatment of varicose veins, sclerotherapy, and phlebtomy. With 30 years of experience his work on the elimination of unwanted hand and forearm veins has been published in the prestigious Journal of Plastic and Reconstructive Surgery.

OUR DOCTORS

Dr. Riwa El Masri

Anesthesiologist & Medical Director

The head Anesthesiologist at SHAMMA Clinic, Dr. Riwa Masri has an impressive list of credentials that led her to where she is today. With over three years of extensive experience in ambulatory anesthesia in the UAE, as well as extensive training in both adult and pediatric cases, Dr. Masri is one of the most renowned in her field in the region. She is efficient in patient care, from pre-op phases to post-op check-ups, and continuously attends conferences in the USA to keep up to date with the latest trends and advancements in the field of Anesthesiology.

A doctor who excels in patient care, Dr. Masri also maintains an active role in medical research. She is part of a team of researchers from AUB who study genetic mutations and their relations to pain thresholds among patients in labor.

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OUR DOCTORS

Hilda Louka
Pharmacist

Hilda graduated with a bachelor degree in pharmaceutical sciences in 1982 from Cairo University, Egypt. She graduated with a second honor degree and has been working at SHAMMA Clinic for 9 years. Hilda, loves her job and loves listening and making her patients comfortable. Her desire to give the best service to all the patients is what drives her to educate each and every person about their medication. In her free time, Hilda enjoys spending time with her grandkids.

Harsha Reddy
Pharmacist

Harsha graduated in 2013 with a bachelor degree in pharmaceutical sciences, Andara Pradesh. With 4 years of experience, Harsha is highly interested in pursuing a higher degree & career in pharmaceutical sciences and attaining a PhD. He is well known to be very accommodating and caring to all his clients. In his free time he enjoys playing cricket & volleyball.

OUR PROFESSIONALS

Gulzhan Saipova
Beauty Therapist

Gulzhan has been working in the skincare industry for almost a decade. Gulzhan is also knowledgeable in holistic healing related to skincare and skin health. Her ongoing studies in dermatology include: Laser Technologies, Advanced Concept in Medical Skincare, Oxygen Technology for facial skin, Advanced Treatments of Sun Damaged and Aging Skin, plus many other skin related subjects.

Gulzhan believes that by providing her clients with the best skincare services in addition to arming them with knowledge and tools to correct their skin's situation, she can help each individual client reach their optimal skincare goals.

Richie Harina
LASER Supervisor

Hilda graduated with a bachelor degree in pharmaceutical sciences in 1982 from Cairo University, Egypt. She graduated with a second honor degree and has been working at SHAMMA Clinic for 9 years. Hilda, loves her job and loves listening and making her patients comfortable. Her desire to give the best service to all the patients is what drives her to educate each and every person about their medication. In her free time, Hilda enjoys spending time with her grandkids.

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Pediatrics & Adolescent Medicine

OVERVIEW

Choosing the right pediatrician for your child is one of the major decisions you make before your baby is born. Pediatricians are doctors who manage your child's well-being, including their physical, behavioral and mental health, starting from birth to 18 years of age. They are trained to diagnose and treat a wide variety of childhood illnesses, ranging from minor health problems to serious diseases. Pediatricians will establish long-term rapport with your family and will monitor your child's growth and development and provide useful information and counseling at every stage of his/her life. They are available 24/7 to address your concerns and deliver safe, efficient and patient-centered care.

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WELL BABY VISITS

Well-child visits or check-ups are important to keep your child in good health. Physical care and emotional support are part of health maintenance.

Your pediatrician will discuss growth and development, immunizations, nutrition, vitamin supplementation, discipline, proper dental care, safety measures and infection prevention.

VACCINATION

Vaccination is one of the best ways parents can protect infants, children, and teens from various, serious & possibly deadly diseases.

It is important to follow the immunization schedule by age. The doctor will check if your child is well before he/she gets vaccinated.

BREASTFEEDING

Breast milk has the perfect combination of proteins, fats, vitamins, and carbohydrates. It can protect against infections and reduce the rates of later health problems including diabetes, obesity, and asthma.

The American Academy of Pediatrics (AAP) strongly recommends exclusive breastfeeding for the first 6 months of life and that breastfeeding continues for at least 12 months of age.

GROWTH & DEVELOPMENT

The child's age, gender, and measurements of weight, length or height and head circumference will be used to calculate all growth indicators.

Following up your child's growth parameters at each visit is vital to recognize clinical signs of certain serious problems such as undernutrition or obesity.

ADOLESCENT HEALTH

Adolescence is a critical period of rapid physical and psychological changes which can be very challenging for the teenager himself and his parents.

The pediatrician will keep track of changes in physical, mental, and social development, offer advice about avoiding unhealthy behaviors, and promote a healthy lifestyle.

Pediatrics & Adolescent Medicine

SICK CHILD VISITS

Illnesses such as colds and flu can be emotionally and physically draining for parents.

The pediatrician who regularly sees your child will determine how severe the illness is and will recommend the necessary steps to relieve symptoms.

FEVER

Fever is when the body temperature rises to more than 38°C and can be caused by different agents. Fever by itself is not harmful, it may actually help the body fight infections.

Call your pediatrician urgently if your child is less than 3 months old or he/she has: stiff neck, headache, chills, excessive sleepiness and excessive crying and difficulty breathing, rash or if fever lasts for more than 3 days

COMMON COLD

The average child has 6 colds a year, although children in daycare or preschool can have them more frequently. It can cause: runny nose, sneezing, mild sore throat, cough and fever.

Treatment is symptomatic and includes: lots of fluids, nasal saline drops and acetaminophen for fever after checking with your doctor. The flu vaccine is advised and provided after 6 months of age.

ASTHMA

Childhood asthma can cause bothersome symptoms that interfere with daily activities. In some children, unmanaged asthma can cause dangerous asthma attacks.

The 4 essential components of asthma management are: routine monitoring of symptoms and lung function, patient education, control of trigger factors, and pharmacologic therapy.

PEDIATRIC RASHES

Because childhood rashes may be difficult to differentiate by appearance alone, it is important to consider the entire clinical presentation to help make the appropriate diagnosis.

Treatment will be decided by the pediatrician after a good history and a complete physical examination.

Pediatrics & Adolescent Medicine

SHAMMA CLINIC

General Medicine

OVERVIEW

Have you ever wished there was one place you could go for all your health concerns? Unlike other physicians who specialize in treating one particular organ or disease, your general physician is uniquely trained to care for you as a whole person, regardless of your age or sex. They treat each organ, every disease, all ages and both genders. In addition to diagnosing and treating acute and chronic illnesses, your general physician provides routine health screenings and counseling on lifestyle changes in an effort to prevent illnesses before they develop. And, if a health condition arises that requires care from another specialist, your general physician will be there to guide you and to coordinate all aspects of your care. You and your general physician will work together to achieve the best possible outcome in the most cost-effective manner..

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Diagnosis *Management*

HYPERTENSION

Hypertension (HTN or HT), also known as high blood pressure (HBP), is a long-term medical condition in which the blood pressure in the arteries is persistently elevated.

Beta-blocker, ACE inhibitor and ARB monotherapy are effective in the treatment of Hypertension. In the Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT), thiazide-type diuretics or CCBs can be beneficial in select group of patients.

DIABETES

Diabetes is the condition in which the body does not properly process food for use as energy. This could be due to lack of the insulin hormone (Type 1) or resistance to insulin (Type 2).

Controlling blood sugar (glucose) levels is the major goal of diabetes treatment, in order to prevent complications of the disease. Diabetes is managed with insulin as well as dietary changes and exercise.

ASTHMA

Asthma is a chronic disease of the airways that makes breathing difficult. With asthma, there is inflammation of the air passages that results in a temporary narrowing of the airways that carry oxygen to the lungs.

Although asthma cannot be cured, appropriate management can control the disease and enable people to enjoy good quality of life. Short-term medications are used to relieve symptoms.

PNEUMONIA

Pneumonia is an infection in one or both lungs. It can be caused by bacteria, viruses, or fungi. Pneumonia causes inflammation in the air sacs in your lungs, which are called alveoli.

Antibiotics. These medicines are used to treat bacterial pneumonia. It may take time to identify the type of bacteria causing your pneumonia and to choose the best antibiotic to treat it.

GASTROENTERITIS

Gastroenteritis, also known as infectious diarrhea, is inflammation of the gastrointestinal tract that involves the stomach and small intestine.

Gastroenteritis is usually an acute and self-limiting disease that does not require medication. A single dose of the anti vomiting medication metoclopramide or ondansetron, may be helpful, and butylscopolamine is useful in treating abdominal pain.

Diagnosis *Management*

LIVER DISEASE

A group of blood tests called liver function tests can be used to diagnose liver disease. Other blood tests can be done to look for specific liver problems or genetic conditions.

If detected early enough, acute liver failure caused by an overdose of a medication & can be treated & its effects reversed. For liver failure that is the result of long-term deterioration, the initial treatment goal may be to save whatever part of the liver is still functioning.

THYROID

Hypothyroidism can be detected by different blood tests. TSH is a blood test that measures the amount of T4 (thyroxine) that the thyroid is being signaled to make.

Hypothyroidism calls for a lifelong regimen of thyroid replacement. No surgical techniques, alternative medicine, or conventional drugs can increase the thyroid's hormone production once it slows down. Doctors generally prescribe synthetic forms of thyroid hormone, such as

ANEMIA

Often, the first test used to diagnose anemia is a complete blood count (CBC). The CBC measures many parts of your blood. The test checks your hemoglobin and hematocrit (hee-MAT-oh-crit) levels.

Once your hemoglobin levels and red blood cells are normal, your GP will usually recommend continuing to take iron supplements for three months to help build up the iron levels in your body.

SHAMMA CLINIC

Varicose & Spider Veins

Diagnosis *Management*

OVERVIEW

Lifestyle factors, as well as age will influence the time of onset of varicose veins, reticular veins and spider veins in genetically predisposed individuals. Although often these veins can be painless, it is best to seek advice on treatment as they can evolve and start to cause physical distress.

Technological advances led to treatments for all types of varicose veins that are non-invasive. Recovery time is minimal & the results are permanent. Depending on the size & location of the unwanted varicose vein, treatments at SHAMMA Clinic include sclerotherapy, foam sclerotherapy, microphlebectomy & endovenous LASER treatment.

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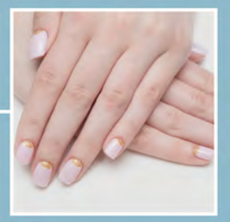
VARICOSE VEINS

Varicose veins are enlarged, twisted unsightly and sometimes painful veins, most commonly seen on the legs. Left untreated, swelling, venous eczema and skin thickening may occur.

Technological developments mean that treatment for Varicose Veins no longer requires intrusive surgery. There are some outpatient treatment options available including Sclerotherapy (ultrasound guided and using foam) and LASER treatment.

HAND VEINS

As we age our skin relaxes and thins causing our veins to become more prominent. Hand vein treatments are suitable for all skin types and will give hands a more youthful appearance.



Subject to diagnosis, treatment options include Sclerotherapy and Endovenous LASER (developed by Dr. A. R. Shamma in 2001), as an outpatient procedure. There is no downtime for this procedure, and normal activities may resume immediately.

RETICULAR VEINS

Reticular Veins are red, blue or green veins that occur on the legs, face, chest and breasts. Reticular veins may lead to or "feed" a cluster of spider veins. Treatment is recommended if you are experiencing burning, itching or

Foam Sclerotherapy is the best treatment option for Reticular Veins, often performed with transillumination guidance. It is possible to treat multiple areas in one outpatient procedure. Normal activities may resume immediately.

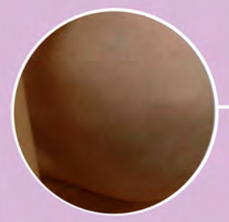
SPIDER VEINS

Spider veins, are commonly found in the legs but can appear elsewhere on the body. Heredity, pregnancy, hormonal shifts, weight gain and other lifestyle factors can increase the incidence of Spider veins.

The treatment plan for Spider veins will depend on the severity of the condition. For superficial & smaller Spider Veins, Transdermal LASER treatment can be very effective. In most cases however, Sclerotherapy is the gold standard treatment.

BREAST VEINS

Breast veins are not usually a sign of abnormality or disease, but their appearance may affect self-confidence. Puberty, pregnancy, weight gain and breast augmentation are factors that can result in the appearance of breast veins.



Breast veins can be permanently removed with treatment, the most popular of which is Sclerotherapy, an intravenous medication that causes the veins to constrict and permanently disappear.

SHAMMA CLINIC

Dermatology

OVERVIEW

The latest technology & continuous training & upgrading of our skills & knowledge are a matter of course for the Dermatologists at SHAMMA Clinic. A comprehensive consultation and evaluation of the skin is essential for us. Solid knowledge about the aging skin & about ways to prevent, care & treat skin diseases are pillars of our way at SHAMMA Clinic.

Aside from profound diagnosis & treatment by topical & internal medications, we gained high expertise in how to apply technological methods such as Dermatologic LASERS, Phototherapy, Cryotherapy & Ultrasound technology as well as surgical methods in order to re-establish healthy & beautiful skin.

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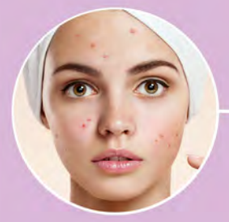
Diagnosis *Management*

ACNE

Acne is a long-term skin condition characterized by areas of blackheads, whiteheads, pimples, greasy skin, and possibly scarring. The resulting appearance may lead to anxiety, reduced self-esteem and depression.



Many different treatments exist for acne including benzoyl peroxide, antibiotics, retinoids, antiseborrheic medications, anti-androgen medications, hormonal treatments, salicylic acid, alpha hydroxy acid, azelaic acid and keratolytic soaps.

MOLES

Moles are growths on the skin that are usually brown or black. Moles can appear anywhere on the skin, alone or in groups. Most moles appear in early childhood and during the first 30 years of a person's life.

It often requires a qualified dermatologist to fully evaluate moles. Clinical diagnosis can be made with the naked eye using the ABCD guideline or by using dermatoscopy. Regular skin screening is available and highly recommended to help screen out benign moles.

PRURITUS

Pruritus is a sensation that causes the desire or reflex to scratch. Science has shown that itch has many similarities to pain, but their behavioral response patterns are different.

A variety of over-the-counter and prescription anti-itch drugs are available. Non-chemical remedies include cooling, warming, soft stimulation. The mainstay of therapy for dry skin is maintaining adequate skin moisture and topical emollients.

PSORIASIS

Psoriasis is a skin condition that causes red, flaky, crusty patches of skin covered with silvery scales. The patches normally appear on your elbows, knees, scalp and lowerback but can appear anywhere on the body.

While no cure is available for psoriasis, many treatment options exist. Topical agents (corticosteroid preparations) are typically used for mild disease, phototherapy for moderate disease, & systematic agents for severe disease including oral or injectable treatments.

ROSACEA

Rosacea is a chronic skin condition characterized by facial redness, small and superficial dilated blood vessels on facial skin, papules, pustules, and swelling. Rosacea affects all ages. Left untreated it worsens over time.

Treating rosacea varies depending on severity. Therapy is best measured in terms of reduction in the amount of facial redness and inflammatory lesions. The two primary treatments are topical and oral antibiotic agents.

SKIN TAGS

Skin Tags are small benign tumours that forms primarily in areas where the skin forms creases, such as the neck, armpit, groin and may also occur on the face. They are harmless, painless and usually do not grow or change over time.

Because tags are benign, treatment is unnecessary unless the tags become frequently irritated or present a cosmetic concern. If removal is designed for warranted, our dermatologist may use cauterization, cryosurgery, excision, or surgical ligation to remove the tag.

Dermatology

Diagnosis *Management*

WARTS

Warts are skin growths that often appear on hands and feet but can affect other areas of the body too. Warts are the result of a viral infection (Human Papillomavirus, HPV).

Minor isolated warts will sometimes disappear over time; some can spread & become painful. There are some treatments available including Electrosurgery, Cryotherapy, LASER treatments & Chemical skin treatments.

VITILIGO

Vitiligo is a condition that results in pale patchy areas of depigmented skin. They often start off small but in time grow and change.
There are no conclusive causes although genetics, immune system deficiencies and environmental factors may all play a part.

There are several ways to help manage this condition and reduce depigmentation. Treatments will vary subject to individual diagnosis and may include a mix of topical medicines, Light treatment, and Phototherapy (Narrow Band UVB).

HAIR LOSS

Partial or complete hair loss affects both men and woman. Causes can stem from genetic influences, fungal infections), traumatic damage, radiotherapy or chemotherapy, nutritional deficiencies and autoimmune phenomena.

While hair thinning may be treated medically or with Mesotherapy, the only long lasting solution for radical hair loss is hair transplant. The most effective techniques are Micro-Grafting, & FUE (Follicular Unit Extraction).

NAIL DISORDERS

Changes to the nail and nail bed are often indicative of a fungal infection however dermatologic diseases, benign and malignant tumours, exposure to exogenous chemicals and, systemic illnesses may also induce nail changes.

In all cases, the clinical diagnosis is recommended & in some cases biopsies may be necessary. Treatment options include local treatments, systematic treatment using pills, and surgical treatments.

TINEA

Tinea, often called ringworm, because the rash is circular, with a ring-like appearance, is a very common fungal infection of the skin. Other symptoms and signs of ringworm include patches of hair loss or scaling on the scalp, itching, and blister-like lesions.

Treatment involves the use of topical antifungal creams. In cases when this fails or spreads to difficult areas to treat, like nails and hairy areas (beard, scalp) oral antifungals will be prescribed.

ICHTHYOSIS

Ichthyosis refers to a group of genetic skin disorders characterised by dry skin and excessive shedding of scale. Ichthyosis can both genders and all races, It can be inherited, appearing at birth or develop in adulthood.

Topical treatments such as Petroleum jelly & other containing emollients & soap free cleansers are helpful in managing this condition. In more severe cases, oral treatments, and antibiotics may be recommended

SKIN CANCER SCREENING

Skin cancer, also known as skin neoplasia, is the most common type of cancer. Exposure to ultraviolet light, which is in sunlight, is the main cause. It is estimated that over 1 million new cases occur annually in the US alone. The annual rates of all forms of skin cancer are increasing each year, representing a growing public concern.

Diagnosis *Management*

ACTINIC KERATOSIS

Actinic Keratosis (AK) is an early stage indicator of skin cancer. Left untreated it may manifest into skin cancer. It typically appears on sun-exposed areas such as the face, bald scalp, lips and back of hands.

There are several methods for removing Actinic Keratosis, These include Crysurgery/Cryotherapy, Topical Chemotherapy, Chemical Peeling, LASER Skin Resurfacing and ND YAG LASER. The doctor will advise the best treatment for you.

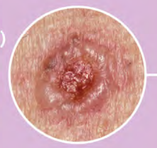
BASAL CELL CARCINOMA (BCC)

This is the most common form of skin cancer.These lesions which form in the basal cells, the deepest layer of the epidermis often looks like open sores, red patches, pink growths, shiny bumps, or scars.

There are numerous treatments for BCC, and the doctor will advise you on the best course of treatments for each individual. Treatments include surgery, Cryotherapy, LASER therapy, Radiation therapy and specialist surgical procedure.

SQUAMOUS CELL CARCINOMA (SCC)

This is an uncontrolled growth of abnormal tissue found mainly in the epidermis. SCCs often look like red scaly patches, open sores, raised growths with a central depression. They sometimes crust or bleed.



As with BCC, there are numerous treatment options available for SCC. Your therapy will depend on the type & stage of the skin cancer.

MELANOMA

Melanoma is a cancer of the pigment-producing cells in the skin, known as melanocytes. It can be caused by excessive sun exposure, UV radiation used in indoor tanning equipment, inherited/genetic causes, atypical moles.

Early detection is the key for the eradication of Melanoma. The depth of the lesion guides treatment. In cases of early melanoma, surgery may eliminate the disease. For deeper melanoma where lymph nodes are affected, these too will be treated.

ALLERGY TESTING

Allergies are among the most common chronic conditions worldwide. An allergy is a hypersensitivity disorder of the immune system. Skin Allergy is one of the four forms of hypersensitivity and called Type 1, or immediate, hypersensitivity.

CAUSES

When a person's immune system reacts to normally harmless substance (allergen) that does not bother most other people, an allergic reaction occurs. The body behaves as if it is fighting an infection, resulting in an inflammatory response that can be uncomfortable or even life-threatening.

Substances that often cause reactions are:

1. *Pollen*
2. *Dust Mites*
3. *Mould Spores*
4. *Pet Shedding*
5. *Food*
6. *Insect Stings*
7. *Medicines*

DESENSITISATION

Often referred as Allergy Immunotherapy or allergy shots, this is a long-term medical treatment for patients suffering with allergies. It's the closest thing to a cure for allergies.

It is particularly effective for treating the symptoms of allergic rhinitis, allergic asthma, conjunctivitis (eye allergy) or an allergy to stinging insects.

Allergy shots offer lasting relief of allergy symptoms even after the treatment. It is a cost effective and extremely beneficial treatment for any patient who suffers with allergies.

The treatment is administered gradually with increasing doses of allergen extracts by injection or drops/tablets under the tongue .

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Dermatology
Allergies

OVERVIEW

The skin is a living organism and therefore, subject to allergies, viruses and other diseases. While most of these are not life threatening, if treated in a good time some will require lifetime management plan.

On-going skin conditions such as Vitiligo and Ichthyosis can have a profound impact on the patient's general wellbeing and quality of life.

Today, there are many helpful and supporting treatments for all types of skin diseases. Our experienced and qualified dermatologists will work with you, on an individual basis, to determine the best treatments for curing and managing all types of skin diseases.

Sincerity • Compassion • Care • Safety • Quality

Because You Matter

Cosmetic Dermatology,
Facials & Fillers

OVERVIEW

The facial skin is a sensitive area and the conditions of the skin - its colour, clarity and elasticity are prone to change as we age. The skin's condition may also be affected by disease, as well as overexposure to the sun.

Dead cells can clog the skin causing the skin to look dull and lifeless. And as we age, naturally we produce less and less collagen that in turn makes the skin dry and encourages wrinkles.

Today there is a broad range of preventative and remedial treatments that can restore elasticity, firmness and a youthful glow to all skin types, for men and women. Our specialists will design a tailor-made treatment plan specifically for you.

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Because You Matter

Before *After*

DEEP CLEANSING FACIAL

This involves cleansing, steam extraction of blackheads, facial massage and masks targeting specific problems such as breakouts, dehydration, and fine lines: suitable for all ages and skin types.

Deep cleansing facials nourish you skin by stimulating blood circulation. Muscle fibers will be toned, strengthened, & tightened by facial massage techniques, which also help to slow the ageing process & minimize the signs of ageing.

MEDICAL FACIAL

This deep pore cleansing facial is recommended for those who have congested or dry skin, wrinkles, deep facial lines or who are prone to acne: suitable for all ages and skin types.

This intensive treatment reaches deep into the pores & helps control acne by gently removing the dead skin calls that clog pores & cause blackheads & whiteheads.

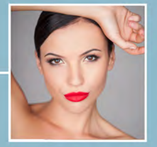
CHEMICAL PEELS

Chemical peels use a chemical agent to improve and smooth the texture of the facial skin by removing its damaged outer layers. It is helpful for facial blemishes, acne, wrinkles and uneven skin pigmentation.

There are different types of peels: TCA peel, Fruit Acid peel (Glycolic, salicylic & Pyruvic). Skin texture will improve & will noticeable be brighter & fresher looking (described as a glow).

RESTYLANE

Restylane, a hyaluronic acid based substance is the most commonly used filler. Dermal fillers are often used for lip enhancement (volume and contouring).



Dermal fillers diminish facial lines & furrows & restore volume & fullness in the face. This treatment is virtually pain-free with no downtime. The benefits of this treatment are immediately visible & last around 12 months.

FAT TRANSFER

Facial wrinkles and creases are part of the ageing process as the underlying collagen and elastin fibres break down and wear out. Fat transfers can help restore a youthful contour to face and hands.

Fat transfer uses your fat deposits, normally from the thigh or buttock area. Fat transfer is a safe, natural, & non-allergenic procedure. We can also harvest fat in this procedure & safely freeze it for your future use.

ANTI-AGING

These treatments restore the elasticity and youthful appearance of the skin by stimulating collagen and cell renewal. Studies have demonstrated that some of these treatment improve circulation. Fine lines, acne scars and smoker's lines can be treated.

Carboxy Therapy is a procedure that uses carbon dioxide to get rid of stretch marks, cellulite and scars, as well as plumping the skin. Micro injections of carbon dioxide are injected just beneath the surface of the skin to stimulate circulation and collagen production.

Cosmetic Dermatology
Skin Rejuvenation Treatments

Before

After

LASER HAIR REMOVAL

Unwanted hair can cause inconvenience and distress. Laser hair removal is increasingly becoming the method of choice for people who wish to permanently remove unwanted hair.

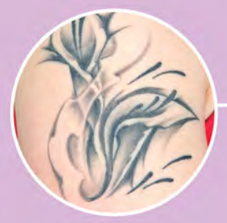
LASER hair removal is regarded as one of the safest & most effective hair removal techniques. It is fast; less painful than waxing, and best of all, it offers long-term results. LASER light is used to alter the hair follicle to diminish future hair growth.

SKIN TIGTENING / SILHOUETTE SOFT

Is a tailor-made treatment for flabbiness of the neck, cheek and eyebrows. It also has a regenative action with natural results through the process of re-absorption of the Silhouette Soft thus restoring your collagen.

The immediate natural lift effect of Silhoutte Soft can be used on the mandible line, cheeks, neck, eyebrows & the contours of the face. This -30minute procedure requires no incision & gives long lasting effect for up to 18 months.

TATTOO REMOVAL



With new technology, it is now possible to remove Tattoo's, partially or fully. Success will be influenced by skin type, location, colour, amount of ink, scarring or tissue change, and layering.

The Q-switched LASER treatment is effective on tattoos as it shatters the pigment. Different wavelengths are also used to target different tattoo ink colors. Several treatments may be required.

AGE SPOTS & MELASMA

Age spots, are brown surface marks of varying sizes and colours usually caused by sun exposure. Melasma is a chronic skin disorder that results in symmetrical, blotchy, brownish facial pigmentation.

The Revlite is a Q-switched LASER technology- a multipurpose aesthetic LASER that offers treatment of pigmentation, on all skin types. On the other hand Dermamelan treatment is an office treatment combined with take home cream regimen.

AQUA-PEEL HYDRAFACIAL

The Aqua-Peel Hydrafacial is a skin treatment that provides both non-invasive exfoliation and delivery of topical solutions to safely and painlessly cleanse, exfoliate, extract and hydrate the skin.

The Aqua Peel works in four different ways: Cleanse – By using vacuum suction throughout the treatment, dead skin cells are removed and skin is cleansed. Hydrate – Depending on the type and severity of the skin condition, different serums and masks can be used.

BOTOX

Botox is a non-surgical injection that temporarily reduces or eliminates frown lines, forehead creases, crow's feet relaxing the muscles, giving the skin a smoother, more refreshed appearance. Botox is also an effective treatment for hyperhidrosis (excessive sweating).

Botox facial rejuvenation is suitable for men & women whose facial tissue & muscles are in good condition. The treatments will not prevent patients from making natural facial expressions and the benefits can last from 6-3 months.

Cosmetic Dermatology
Skin Rejuvenation Treatments

Before

After

PRP (PLATELET RICH PLASMA

PRP is a next-generation procedure that can provide relief for inflammation of joints and promote rejuvenation. This features allow PRP to have cosmetic applications.

This treatment draws on your own blood source, separating the platelets and producing concentrated blood sample. This sample is then re-injected into the affected area accelerating the healing process and promoting rejuvenation.

MESOTHERAPY

Mesotherapy treatment is a powerful mix of nutrient medicines, vitamins, and minerals for some cosmetic problem areas including cellulite body contouring, and face & neck rejuvenation and hair loss.

The Mesotherapy injections are tailor-made for each individual. This treatment is minimally invasive, leaves no scarring & has no downtime. The frequency & duration of the treatment will vary from person to person.

PHOTOTHERAPHY

Intense pulsed light (IPL) is an advanced technology that has several aesthetic and therapeutic uses including the treatment of skin conditions such as age spots and rosacea, hair removal, and Photo-rejuvenation.

This light based treatment passes through the top layer of the skin & directly targets & disperses the hemoglobin or melanin. The number & frequency of treatments will be determined by an individual treatment plan.

MICRO-NEEDLING RADIOFREQUENCY

Micro-Needing Radio Frequency is one of the latest technologies used in the treatment of skin problems. It rejuvenates tired, wrinkled skin and is also effective on enlarged pores, and scars.

Sets of microscopic needles penetrate the skin and the tissue is stimulated with radio frequency waves to create collagen. Although the benefits are immediately apparent, the restoration will continue for weeks, sometimes months.

COOLSCUPTING

The Coolsculpting procedure is the only FDA approved, non-surgical fat reduction treatment that permenantly eliminates the treated fat cells. The results are proven, noticeable and lasting.

CoolSculpting uses controlled cooling to eliminate the stubborn fat that resists all the efforts of diet & exercise. Over a period of time, your body naturally processes & eliminates the treated fat cells.

VENUS VIVA

Venus Viva™ is a non-surgical solution for skin resurfacing that corrects signs of skin damage and improves the appearance of acne scars and other scars, stretch marks, rosacea, enlarged pores, deep wrinkles, and uneven skin texture and pigmentation.

The Venus Viva hand device has pins that pierce the surface delivering heat into the skin via NanoFractional RF™. At the same time the non-invasive Diamond Polar™ applicator uses multi-polar radio frequency and pulsed electro magnetic fields to create consistent heat across the skin.

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Plastic Surgery

OVERVIEW

Plastic surgery is a very personal consideration. For some, it may mean redesigning the body's contour and shape, smoothing wrinkles, or eliminating balding areas. Others may choose breast augmentation, nose reshaping surgery or liposuction, There are a number of cosmetic surgery procedures that men and women can choose from to create an image that makes them feel more confident and comfortable with their appearance.

With technological advancements, most plastic surgery procedures have become noninvasive, are performed under local anesthesia with quick recovery and minimal downtime.

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Because You Matter

Before *After*

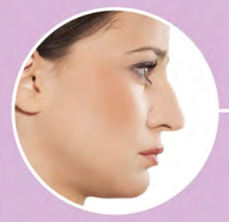
FACELIFT

A face lift can reduce the most visible signs of ageing by removing excess fat, tightening underlying muscles, and re-draping the skin of the face and neck.

Through micro-incisions at the temples above that hair-line and around the earlobe, saggy skin and muscles of the face are tightened. Facial liposuction and tightening of the neck muscles can also be done when required.

NOSE SURGERY

The reshaping of the nose (Rhinoplasty) is the most common plastic surgery. The size, shape and angle between the nose and upper lip can be altered.



Rhinoplasty is a surgical procedure. Pain medication will help with postoperative discomfort. You will normally be able to return to work in one to two weeks. It will take some time for your nose to settle in its final, lasting appearance

EYELID SURGERY

Eyelid surgery (or blepharoplasty) is a procedure to remove fat - usually along with excess skin and muscle from the upper and lower eyelids, correcting drooping upper lids and puffy lower eyes.

Blepharoplasty is generally an out-patient surgery conducted under local anaesthesia. It is suitable for both men and women. Recovery will take two to three weeks and the results are long-lasting, often permanent.

EAR SURGERY

The correction of prominent ears is a surgical procedure called Otoplasty. The outcome will be well-positioned, symmetrical ears that appear to be naturally in proportion.

This procedure is suitable for adults and children over seven years of age. Painkillers or anti-inflammatory drugs will help with post-operative discomfort. The ears will settle and scarring will fade in a few months.

Plastic Surgery - Breasts

LOOKING CONFIDENT

BREAST AUGMENTATION

This is a surgical procedure to enhance the size and shape of breasts. Implants may be silicone filled or with saline. Your surgeon will discuss with you the best treatment options for you.

Breast implants are a common procedure. For the first few days, you will feel tired and sore and at ten days your stitches will be removed. After six weeks swelling will disappear and you will be able to resume normal activities.

BREAST REDUCTION

Enlarged breasts can make women feel self-conscious and may lead to a variety of medical problems including back and neck pain, skin irritation to skeletal deformities and breathing problems.

Usually performed for physical relief rather than cosmetic improvement, this procedure removes fat, glandular tissue and skin from the breasts. The goal is to give the woman smaller, better-shaped breasts in proportion with the rest of her body.

MALE BREAST REDUCTION

Male breast enlargement often occurs during puberty, disappearing by the late teens. If it persists or occurs later in life, it is important to ruleout underlying illnesses before considering breast reduction surgery.

The procedure may require the removal of glandular tissue, surrounding fat, and loose skin. The goal is to give the man a normal-looking male chest, without the feminine appearance of breasts, chest skin sagging or unusual positioning of the areolae.

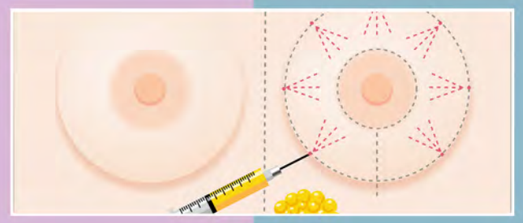
BREAST LIFT

Breasts will naturally with age, lose their shape and firmness and begin to sag. Pregnancy and nursing can also affect breast shape and volume and, therefore, is not recommended for those planning for more children.

A breast lift is a surgical procedure to raise and reshape sagging breasts. The size of the areola can also be reduced. Breast implants in conjunction with a breast lift can increase both firmness and size.

FAT TRANSFER

Facial wrinkles and creases are part of the ageing process as the underlying collagen and elastin fibers break down and wear out. Fat transfers can help restore a youthful contour to face and hands.



Fat transfer uses your fat deposits normally from the thigh or buttock are. Fat transfer is a safe, natural, and non-allergenic procedure. We can also harvest fat in this procedure and safely freeze it for your future use.

Before

After

LIPOSUCTION

Liposuction can support men and woman who struggle to get rid of stubborn fat deposits. It can be applied to the abdomen, neckline and waist and the thighs, hips, buttocks, stomach, knees, lower leg, cheeks and chins.

Liposuction is simple, minimally invasive surgery that can be performed under local anaesthesia. A narrow tube is inserted through a small incision into the target area. The fat cells are dispersed with a saline solution and removed through the tube.

BODY LIFT

Individuals who have undergone massive weight loss surgery are often left with undesirable loose, saggy skin which can be irritating and distressing on both a physical and mental level.

The body lift procedure is designed to remove excess skin and fat from specific areas of the body. Suitable for those who have achieved massive weight loss, often as a result of gastric-bypass surgery.

THIGH LIFT / TIGHTENING

Sagging or bulging thighs is a common problem for women of all ages, even those who are not obese or have any significant fatty deposits elsewhere on the body.

Skin is lifted from underlying tissue and fat is removed where necessary, and the skin is sutured closed. Results are visible immediately. Recovery times vary from two to six weeks after which time normal activities may resume.

BUTTOCK AUGMENTATION

Buttocks naturally lose their shape and become saggy, wrinkled or dimpled with age or with significant weight loss. This treatment will improve appearance, by raising and tightening the area.

Buttock augmentation is designed to remove excess skin and fat from specific areas of the thighs and posterior hips and lift the lateral upper thighs and buttocks. Results are immediately visible.

Plastic Surgery - Body Sculpturing

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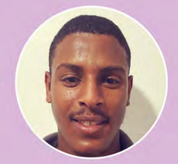

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Housekeeper

Shayne Marley
Housekeeper