

CTMAX QUARTERLY

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WHAT IS BOTOX

Without becoming overly scientific, BOTOX® Cosmetic (onabotulinumtoxinA) is a purified protein derived from the bacterium *Clostridium botulinum*, one such 'Injectable'. A look back at history and our childhood would scare many of us with the age-old image of a terribly toxic poison derived from a bad can of tuna fish. However, like many things we thought to be harmful at one time, in an altered form the same thing can often become not only safe but useful to other areas of our lives. Botulinum toxin is one of those. Frown lines are caused by overactive glabellar (brow)

muscles. BOTOX® Cosmetic actually blocks the release of a neurotransmitter called acetylcholine thereby inhibiting the contraction of muscles that are directly associated with those nerve endings. Just a few tiny injections of Botox® Cosmetic can act to inhibit the contraction of these muscles, thereby diminishing if not eliminating lines associated with overactive muscles of facial expression. BOTOX® Cosmetic was specifically developed and researched by Allergan Inc., and received FDA approval for the treatment of glabellar lines as early as 2002. The safety and efficacy of this product when

used properly has been time tested and currently has seen over 11 million procedures since its introduction. However, you may have heard of other forms of botulinum toxin in use today with familiar names such as Dysport® and XEOMIN®.



SPECIAL POINTS OF INTEREST:

- *What is Botox?*
- *The 11's*
- *Treatment of the Gummy Smile*
- *Brotax—BOTOX for Men*

ANGRY LINES (THE 11'S)

Glabellar lines are the vertical lines on the human face that resemble the number 11 and are visible when a person frowns. Two major muscles of the upper face called the corrugator and the procerus contract to form the glabellar lines between the eyebrows. These lines disappear as soon as a person stops frowning.

As a person ages, the skin becomes less elastic and the glabellar lines become more pronounced; in some cases,

they stay permanently in the face, making it appear that the person is always frowning or angry even if he or she is cool and relaxed. A person who begins experiencing degenerative changes, such as having static wrinkles, may see a maxillofacial or cosmetic surgeon for medical assistance..

BOTOX® injections work best on glabellar lines that are just beginning and are still shallow. The muscles

that became stiff, thus forming the lines, are injected with small doses of BOTOX® to relax the muscles and move them back to their relaxed position. Treatment, however, will not totally remove the lines. Injectable fillers may complement the treatment for a smoother and almost wrinkle-free forehead. Generally, the effect of the treatment will only last for a few months and another round of BOTOX® injections must again be made to keep the lines away.

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THE GUMMY SMILE

Ultra-popular injectable BOTOX® is best known for fighting stubborn wrinkles, like frown lines and crow's feet. Since BOTOX® works by temporarily relaxing muscles, it's proven useful in a number of other instances involving muscular abnormality such as migraine headaches, enlarged prostates, and excessive sweating (hyperhidrosis). For gummy smiles, BOTOX® is injected

into the upper lip. Well-placed injections won't affect the appearance of a relaxed mouth, which is why it's important to seek a qualified BOTOX® specialist with experience in gummy smile work. BOTOX® injections for a gummy smile should last for about six months. Other botulinum-based in-

jectables can be used as an alternative to Botox, including Dysport and Xeomin. It's an increasingly popular procedure, particularly among self-conscious teens who aren't ready to commit to more gum reduction surgery or jaw surgery and its associated costs.



BRUXISM AND CLENCHING

BOTOX® Treatment for Jaw Tension and TMJ

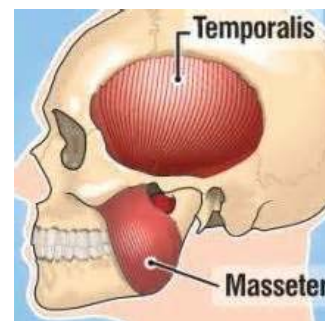
Increasingly, BOTOX® is used as an alternative treatment for TMJ (temporo-mandibular joint) disorders and associated jaw tension and pain. When injected into facial muscles afflicted with soreness and discomfort, BOTOX® relieves TMJ and jaw tension for many patients. The injections often eliminate headaches resulting from teeth grinding, and, in cases of severe stress, BOTOX® can even minimize lock jaw. Although BOTOX® treatment for these conditions is presently experimental, evidence indicates that it can be extremely effective. Our experience at

CTMAX has proven very effective in eliminating many of the associated symptoms of these parafunctional muscular habits.

How Does BOTOX® Treat Jaw Tension and TMJ Disorder?

Located on both sides of the head at the point where the jawbone meets the skull, the temporo-mandibular joint (TMJ) is used during talking, eating, swallowing, and other everyday activities. If this joint becomes displaced or is overworked through excessive teeth grinding, a person may suffer severe tension headaches, as well as sharp pain in the jaw. BOTOX® relieves jaw tension by making muscles unable to engage in the powerful, often unconscious movement of the jaw that

produces headaches and pain. For people suffering from soreness and pain resulting from problems with the temporo-mandibular joint, BOTOX® injections often provide substantial relief. While reducing the ability of facial muscles to engage in problematic grinding, BOTOX® allows them to perform daily activities such as talking, chewing, and swallowing. This makes the BOTOX® alternative treatment for jaw tension a convenient, effective option for many people. In addition, the treatment can help safeguard dental health, since excessive grinding can result in worn teeth and damaged gums that may require costly treatment.



BROTOX—FASTEST GROWING BOTOX CRAZE IN MEN!

Men are having a little work done in increasing numbers these days. Total cosmetic procedures for men rose 22% from 2000 through 2012, according to the American Society of Plastic Surgeons.

Women account for the majority of cosmetic procedures, but more men are opting for plastic surgery and other enhancements to lift droopy necks, excise excess body fat, and pin back protruding ears.

Younger men are increasingly viewing cosmetic procedures—generally not covered by insurance—as an acceptable way to make themselves more attractive, or correct embarrassing or unmanly features.

Thanks to advancements in techniques, surgeries that once required a hospital stay are now done on an outpatient basis, with less time needed for recovery. Surgeons say this appeals to men who don't like the idea of taking lots of time off for an elective procedure.

Newer, minimally invasive, temporary

treatments such as Botox injections and dermatological fillers are intended to create subtle changes such as erasing a few wrinkles. They can be done during a quick office visit.

"Men are figuring out what women have long known—that appearance really does matter,"

Physicians are all too happy to take on male patients. With a tough economy, plastic-surgery procedures overall remain 18% below 2000 levels. Although minimally invasive skin treatments and fillers are up 110% since a decade ago thanks to a flood of new products, last year those treatments rose just 5%.

Men are motivated by competitive issues such as maintaining an edge in a youth-dominated work environment, and may seek procedures after a divorce, when they are entering the dating scene again. Baby Boomers make up a significant proportion of cosmetic surgery

One theory for the trend: pressure to look young to find employment. While the unemployment rate for people 55 and older is lower than for other ages, it

takes baby boomers much longer to find work if they lose their jobs. The duration of unemployment for job seekers 55 and over is 50.4 weeks, compared with 34.2 weeks for those under 55, according to an analysis of Bureau of Labor Statistics data by Sara Rix of the AARP Public Policy Institute.

Cosmetic treatments generally aren't covered by health-insurance plans. Botox is typically sold either by the unit or per treatment area—a dosage for crow's feet, for example. One unit costs around \$15. Areas might cost \$200 or more to treat. Treating laugh lines around the eyes alone would cost less than laugh lines plus forehead and frown lines, for example. Facial fillers that minimize the appearance of wrinkles are sold by the syringe and typically run \$500 to \$600 per vial, with a usual minimum of two shots per treatment.

One catch: As with gray roots, wrinkles resurface. Botox typically lasts about three months, while fillers can last about a year. WSJ. Oct. 16, 2013





291 Farmington Ave
Farmington, CT 06032
860-678-7528
860-678-7933 fax

1080 Day Hill Road
Windsor, CT 06095
860-285-0889
860-298-9030 fax

507 Hopmeadow St
Simsbury, CT 06070
860-658-0446
860-651-1034 fax

663 East Main St
Torrington, CT 06790
860-496-6036
860-496-6039 fax

415 Silas Deane Hwy
Wethersfield, CT 06109
860-529-5394
860-721-1033 fax



WWW.CMSLLC.COM



Our Mission Statement

All of us at **Connecticut Maxillofacial Surgeons, LLC**, are dedicated to the highest quality of care in the specialty of Oral and Maxillofacial Surgery. We take pride in providing contemporary clinical care in a full scope of the specialty as well as serving in a leadership capacity for the future of our specialty on both a local and national level. CMS, LLC can truly be described as a unique group of service-oriented professionals whose aim is to provide the highest level of patient care in combination with a maximum of comfort, sensitivity, and compassion for each and every individual.

Through our presence on the Internet we hope to move beyond the realm of merely providing clinical care in the classic sense. First and foremost, we would like to further close the information gap between us and our patients. A more ambitious intent would be to not only fulfill a regional endeavor but also provide a broader understanding of our specialty on a global level. Through a depth of experience and resources that we possess as a group, we hope to provide an ever increasing knowledge base accessible by all of those with any interest.

Definition of Oral & Maxillofacial Surgery:

Oral and Maxillofacial Surgery is a medical and dental specialty of surgery which involves the diagnosis, surgery and adjunctive treatment of diseases and defects involving both the functional and aesthetic aspects of the hard and soft tissues of the oral and maxillofacial region. (American Dental Association) More simply put in layman's terms, the oral and maxillofacial surgeon is the orthopedic surgeon of the facial region. He or she is an individual who addresses problems ranging from the removal of impacted teeth to the repair of facial trauma. He or she may be a doctor you would visit to:

- Have a [tooth extraction](#).
- Have teeth replaced by having [dental implants](#) inserted.
- Have oral surgical procedures performed in the office under outpatient [ambulatory anesthesia](#).
- Have a [jaw cyst or tumor](#) diagnosed, removed and reconstructed.
- Have your jaw aligned with [orthognathic surgery](#).
- Have you jaw joint repaired with [TMJ surgery](#).
- Have [jaw reconstruction](#) following cancer surgery.
- Have your facial bones realigned after [facial trauma](#).

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You may be asking yourself why you would choose the oral and maxillofacial surgeon for aesthetic enhancement procedures (BOTOX® and dermal fillers). Actually there are some very good reasons why that decision is a smart one. The oral and maxillofacial surgeon is a specialist that has focused his or her attention on this region since the beginning of their training.

Most often commencing their training with dentistry the oral and maxillofacial surgeon moves forward from there to extensive and advanced training in surgery and treatment of conditions involving the head and neck. In some cases they have been awarded two degrees to signify the breadth of their knowledge and understanding of this region of the human body.