The whole room lights up when Kelly Falardeau walks into Dr. Lycka’s office for her burn scar treatments. Her radiant smile captures the hearts of everyone in our office, and she is an absolute joy to have around. After surviving a tragic accident that left 75% of her body covered in burns, Kelly has turned adversity into opportunity, using her past experiences to support others on their journey to self-confidence.

Dr. Lycka, with the assistance of his staff, has supplied Kelly with monthly treatments to release the tightening and constructive bands of skin, secondary to the burns, preventing her from undergoing additional traumatic surgeries.

We’ve always made sure that Kelly was comfortable and relaxed, as scar treatment procedures can be traumatic in themselves. We have compassionately tended to any emotional needs that have come up during the course of her treatment. Over time strong bonds and friendships have developed between Kelly and our staff. Most importantly Dr. Lycka has developed a strong relationship not only with Kelly, but also with the cause, and has encouraged her to become somewhat of an ambassador for burn victims.

Dr. Lycka has been invited to speak with patients going through similar issues, providing valuable insight and direction. Kelly has had a hand in helping us gain more burn survivors to treat and aid through experience, allowing us to understand what the patients are going through so we can treat them efficiently and effectively.

Kelly puts her artwork towards a great cause, creating blankets for children who have been burned as part of her Blankets for Burn Kids program. Through this initiative, Kelly hopes to provide 1,000 burn survivors with blankets in time for burn camps thanks to generous individuals, sponsors and corporations.

“I started Blankets for Burn Kids because I know what it’s like to feel ugly, unloved, and unwanted, and I don’t ever want anyone else to feel those feelings,” she says. “These blankets are infused with love and angels, and are meant to help others feel more loved, needed and wanted.”

We are so inspired by Kelly’s passion for helping others recognize their natural beauty from the inside out. If you are interested in buying or sponsoring a blanket through Blankets for Burn Kids, we encourage you to visit www.kellyfalardeau.com to learn more about her amazing program.

Dr. Lycka was happy to receive his blanket during Kelly’s visit to our office in September. We really do have the most amazing clients!”

What’s new for MEN THIS MONTH?
Take a peek inside!
Ask the Doctor

I have very flaky skin on my head, and having to exfoliate my skin with a scrub everyday is frustrating and very exhausting – it feels like I have fish scales. Is there a way to get rid of the embarrassing skin flakes on my head? —

Great question! Flaky skin is more common than you might think, especially as we age. An effective way to reduce these scaly skin flakes is to use Cloud Vitamin B3 cream to stimulate your skin’s regeneration. Cloud produces vitamin B3, which is what your body naturally uses to rebuild dry skin. Our vitamin B3 levels decrease as we age, which is why this treatment is ideal for people with flaky skin, eczema, acne or rosacea.

Thanks for your great question!

Sincerely,
Dr. Lycka

Dr. Lycka is here to help answer your questions. Send him an email at info@barrylyckamd.com.

Dr. Lycka Heads Overseas

Dr. Lycka and his wife, Lucie, will be jetting off to Vietnam on October 24th to attend the 2015 Dasil Congress, where he will be presenting four papers. When Dr. Lycka isn’t presenting, he and Lucie will be making their way around Vietnam to see Halong Bay, Ho Chi Minh City and Hanoi. They will even be travelling to Cambodia to visit Angkor Wat, one of the Seven Wonders of the World!

The Lycka’s travels will also land them in Australia for a Rotary Friendship Exchange. This exchange is about fellowship and sharing; participants experience other cultures and build friendships that transcend international borders. Dr. Lycka says this trip will be partially a work trip, but also a nice get-away for him and Lucie. They will touch back down in Edmonton on November 24th.

Miss Asia Canada 2015

Lisa was recently in Toronto to compete in Miss Asia Canada 2015, placing Second Runner Up in the pageant! Congratulations, Lisa, keep making us proud!

Welcome Football Season!

We are happy to have SEASON TICKETS for the Edmonton Eskimos here in Dr. Lycka’s office! We will be sharing these tickets with you for every game. Simply enter our draw by emailing contest@barrylyckamd.com.
Welcome to THE MAN CAVE
A Section Just For MEN

Just like women, modern men want to look good. They take care of their bodies and work hard at the gym. More than you might think, men are exploring cosmetic procedures as a way to take them the final distance to the look they desire. Dr. Lycka is here to give men the discreet, subtle and effective look they want and work so hard to achieve.

PROBLEM OF THE MONTH: LAX SKIN

Lax skin is a common sign of aging as well as significant weight loss. Sometimes achieving your dream physique seems like a useless goal when your efforts are masked by sagging skin on your face and body. Men want to look strong and masculine, and that becomes difficult as the clock keeps ticking.

1. **Hyaluronic Fillers**

   Fillers help reduce the appearance of deeper wrinkles on the face and forehead by stimulating the body to produce more collagen that has deteriorated with age. Fillers strengthen the skin, preventing it from sagging for up to three years.

2. **Ulthera**

   This procedure essentially turns back the clock restoring the skin to its youthful beauty by using ultrasound technology. Think of it as a non-surgical facelift that tones and tightens skin that has started to wrinkle and sag due to the natural aging process.

3. **Thermage**

   Skin naturally sags as we age, which is why Thermage is great because it tightens the skin in areas of the body that are more susceptible to lax skin. It’s a non-invasive therapy that uses radiofrequency waves to treat aging skin around the eyes, face and body.

Reasons MEN love Dr. Lycka’s office

- **DISCREET** – We value your privacy
- **FAST & EFFECTIVE** – Many procedures can be done in an afternoon or over your lunch hour!
- **TARGETED** – We work with you to achieve your personalized goal
Laser treatment is a very effective way to treat damaged skin, but not all lasers can multitask, and some are not as high quality as others. Dr. Lycka uses the Fotona QX Max Laser, which is the highest performance single-pulse Q-switched laser on the market. This means it is ideally suited for advanced aesthetics and is extremely beneficial for your skincare.

**FOTONA Laser Machine**

Laser treatment is a very effective way to treat damaged skin, but not all lasers can multitask, and some are not as high quality as others. Dr. Lycka uses the Fotona QX Max Laser, which is the highest performance single-pulse Q-switched laser on the market. This means it is ideally suited for advanced aesthetics and is extremely beneficial for your skincare.

**BENEFITS:**

- Treats acne, acne scar removal, hair reduction, tattoo removal, vascular lesion removal, wrinkles and fine lines, and pigmented lesions
- Targets deeper lying pigments easily and efficiently
- Smart laser ensures maximum reliability and safety
- Notably high precision
- Less invasive than other lasers resulting in shorter recovery times and more comfort
- Treats acne, acne scar removal, hair reduction, tattoo removal, vascular lesion removal, wrinkles and fine lines, and pigmented lesions

If you are interested in treating your damaged skin, book a consultation with Dr. Lycka today by calling **780.425.1212** to speak with one of our lovely receptionists.

**WebTalkRadio & Your Cosmetic Doctor TV**

Dr. Lycka is always looking for ways to educate his clients on popular procedures, treatments and controversial topics in the realm of cosmetic dermatology. If you are interested in a particular treatment but you’d like to learn more, visit **barrylyckamd.com/your-cosmetic-doctor-tv**. If you would like to learn more about what goes on in the world of cosmetic dermatology, listen to Dr. Lycka’s weekly podcast, Inside Cosmetic Surgery Today, on **webtalkradio.net**.

**Fall Information Sessions**

**Good news** — the office will be open while Dr. Lycka is trotting the globe! Join our team for exciting Information Sessions over the next couple of months on everything from the type of procedures we do, to the products we offer, as well as Patient Appreciation Day.

Please visit our website for updates about event information and registration.
Scar REMOVAL

Talking with Tina

One of the most personally rewarding aspects of my job is treating scars, with a large percentage of my clients being burn survivors. I have met some of the most beautiful people from behind my laser glasses.

Treating something we often find uncomfortable is actually very humbling. Many scars are personal, and some of these individuals have life-altering stories to tell. Treating their scars is a way for me to reach out and help under the guidance and expertise of Dr. Lycka giving hope, relief and a nurturing space for these brave people.

We are always open and highly skilled in treating an array of burn scars. When doing so the first thing we address is the time frame. It’s never too soon to come into the clinic. Though we may not treat you immediately, “sooner is better” does apply. I’ve treated a lot of old scars, but it takes longer to reach desired results.

Functionality is priority over aesthetics when treating a burn scar. Contractions and pulling would be the main focus when a patient seeks treatment, as some bands of scar tissue can be very restricting. Improving mobility and comfort is always addressed first, since the aesthetic aspect of scar treatment is the easy part. Addressing scars can be very emotional for my clients, which is all part of the healing process, and we take this aspect of the treatment just as seriously as the actual laser work.

Compassion is my nature and anyone in my care will be treated with such. Questions are always answered, and treatment always explained with no pressure. That being said, these are not rushed treatment plans. The patient is asked to have patience as well, as the same area is usually not treated again for 3 months to allow proper healing and improvement.

Should any of what I’ve explained pertaining to burn scars speaks to you or some one you know, please consider contacting the clinic. I personally want to extend my hand to anyone who has questions or could benefit from these treatments.

Scar REMOVAL

Before

After

Tina is a very talented technician who works diligently to support clients in achieving the best skin possible at Dr. Lycka’s office. We call her our “peels and products” specialist because she personally tries and tests every procedure and product we offer on herself.

Jango Column

Hi friends! I hope you’re all having a fun fall so far! Wanna know what I love most about October? So many crunchy leaves on the ground! Dr. Barry even puts them into neat piles for me to run around in, and even though he pretends to get mad, I know he loves playing in the leaves as much as I do. I’m having so much fun with my two new friends, Dr. Barry’s adorable granddaughters.

They don’t play with me very much, but they sure are cute! Halloween is right around the corner and Dr. Barry has already started stocking up on mini bags of Cheetos. Pumpkin carving... trick-or-treating... how exciting! Enjoy the spooktacular celebration!
Hello everyone!

If you're looking to hire a home stager that gives you the results you desire, look no further. Unforgettable Spaces has a different approach to home staging than many others do. When approached with a potential staging, we research the area of the property beforehand. The reason we do this is to attract the best possible potential buyer.

If the property is located near a university, we place items that attract students and professors. If the property is located near a school or playground, we attract kids and families by placing items that will make them feel at home the minute they walk through the door.

Most buyers will have their minds made up within the first 60 seconds of looking at a property. If it's warm and inviting, they are sold. If it's cold, boring or generic, they feel like they are wasting their time.

Make the right decision when you are selling your home.

Always hire a talented home stager.

A certified stager, Stephanie brings us tips on how to keep our homes beautiful. If you are selling your house, you should definitely consider using a home stager to make it stand out. You can visit Stephanie's website at unforgettablespaces.com

VIDEO OF THE MONTH

Tighten Your Loose Skin

Have you ever looked in the mirror and wondered what you can do to look younger? We've all done it, and one of the most visible signs of aging is lax skin. It may seem impossible to get rid of those skin folds, but Dr. Lycka explains how Ulthera and Thermage are two effective treatments to consider. Check out his video on Your Cosmetic Doctor TV to learn more.

If you're struggling with this condition, come in for a consultation or watch our video to learn more - yourcosmeticdoctor.tv.
I know how hard it can be to resist temptation when the weather is chilly and comfort food is calling your name, but the holidays are no excuse to put your healthy lifestyle on pause.

I love a good Thanksgiving feast as much as everyone else, but I do try to make sure my dinner is as healthy as possible without sacrificing any succulent holiday flavours. Here is one of my favourite meals to bring for Thanksgiving dinner; I found this unique “stuffing” recipe on gimmesomeoven.com, and it is healthy and delicious!

**Quinoa “Stuffing” (serves 4-6)**

1 BUTTERNUT SQUASH, peeled, seeded, and cubed
1 RED ONION, peeled and diced
3-5 CLOVES GARLIC, with peel still on
1 TBSP. vegetable or canola oil
SALT AND PEPPER
1 ½ CUPS QUINOA, rinsed
3 CUPS chicken broth, vegetable broth, or water
ZEST of one orange
2 CUPS roughly-chopped fresh spinach
2/3 CUP dried cranberries
1/2 CUP shelled pistachios

**HOW TO COOK:**
Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil.

In a large mixing bowl, toss butternut squash, onion, and garlic cloves until they are evenly coated with oil. Then spread out in an even layer on the prepared baking sheet. Season generously with salt and pepper and roast for 30 minutes, or until soft and cooked with the edges slightly brown. Remove and set aside. Discard the garlic peels.

Meanwhile, stir together quinoa, broth (or water), and orange zest, and cook according to package instructions. When cooked, set aside.

Add the cooked veggies, quinoa, spinach, cranberries and pistachios to a large mixing bowl, and gently toss. Season with additional salt and pepper if need be. Serve warm.
Sun Safety

Vitamin A & Skin Cancer Prevention

Everyone wants to avoid skin cancer. They also want to keep their skin looking youthful and healthy. Sun safe behaviour, as outlined by the Canadian Skin Cancer Foundation, will go a long way toward achieving those goals:

STAY OUT OF THE SUN BETWEEN 10 AM AND 4 PM or anytime the UV Index is 3 or higher; if you have to be in the sun:

- Cover arms and legs with loose-fitting, tightly woven and lightweight clothing
- Wear a wide-brimmed hat to protect head, face, neck and ears
- Stay in the shade — under trees, awnings or umbrellas
- Wear sunglasses with UV protection
- Use sunscreen with an SPF of 30 or higher; apply at least 20 minutes before going into the sun and reapply every 2 or 3 hours or after swimming or sweating

AVOID THE USE OF TANNING BEDS

Having said that, “an increasing number of independent studies from Europe, Asia and the USA have provided compelling evidence that wavelengths present in natural sunlight, but beyond the UV spectrum, may contribute to actinic damage of human skin” and that the addition of antioxidants can increase protection.

Sunscreen with SPF 30 protection, when used appropriately, blocks about 97% of the UV radiation from the sun. However, a sunscreen’s protection does not extend to visible light or infrared radiation. Retinyl palmitate (vitamin A) is a naturally occuring molecule found in the outer layer of the skin and is both a filter of light and an antioxidant. Retinyl palmitate products like Cloud Vitamin A cream are able to protect the skin to a greater depth than sunscreens, thus providing protection from those rays outside of the UV spectrum.

For those who are particularly concerned about photoaging and/or at a higher than average risk of getting skin cancer (blonde, blue eyed, fair skinned, a large number of moles and/or a family history of skin cancer), partnering sunscreen with Dr. Lycka’s Clouud Vitamin A cream may be just the thing to give the skin an even broader level of protection.

On the Lighter Side

“On the Lighter Side

“Everyone wants to avoid skin cancer. They also want to keep their skin looking youthful and healthy. Sun safe behaviour, as outlined by the Canadian Skin Cancer Foundation, will go a long way toward achieving those goals:

STAY OUT OF THE SUN BETWEEN 10 AM AND 4 PM or anytime the UV Index is 3 or higher; if you have to be in the sun:

- Cover arms and legs with loose-fitting, tightly woven and lightweight clothing
- Wear a wide-brimmed hat to protect head, face, neck and ears
- Stay in the shade — under trees, awnings or umbrellas
- Wear sunglasses with UV protection
- Use sunscreen with an SPF of 30 or higher; apply at least 20 minutes before going into the sun and reapply every 2 or 3 hours or after swimming or sweating

AVOID THE USE OF TANNING BEDS

Having said that, “an increasing number of independent studies from Europe, Asia and the USA have provided compelling evidence that wavelengths present in natural sunlight, but beyond the UV spectrum, may contribute to actinic damage of human skin” and that the addition of antioxidants can increase protection.

Sunscreen with SPF 30 protection, when used appropriately, blocks about 97% of the UV radiation from the sun. However, a sunscreen’s protection does not extend to visible light or infrared radiation. Retinyl palmitate (vitamin A) is a naturally occuring molecule found in the outer layer of the skin and is both a filter of light and an antioxidant. Retinyl palmitate products like Cloud Vitamin A cream are able to protect the skin to a greater depth than sunscreens, thus providing protection from those rays outside of the UV spectrum.

For those who are particularly concerned about photoaging and/or at a higher than average risk of getting skin cancer (blonde, blue eyed, fair skinned, a large number of moles and/or a family history of skin cancer), partnering sunscreen with Dr. Lycka’s Clouud Vitamin A cream may be just the thing to give the skin an even broader level of protection.

Contact Us

Dr. Barry Lycka
780, First Edmonton Place
10665 Jasper Avenue
Edmonton, Alberta T5J 3S9
780.425.1212
info@barrylyckamd.com
www.barrylyckamd.com

facebook.com/yourcosmeticdoctor
@drbarrylycka
ca.linkedin.com/in/barrylycka/
pinterest.com/barrylycka/

Thanks for taking the time to read our publication!
We hope you find it interesting, amusing and informative!
We welcome your comments and feedback.

Dr. Lycka is a proud member of the Doctors for the Practice of Safe & Ethical Aesthetic Medicine. Look for this symbol when considering any cosmetic procedure!