



# Ask the experts

*23MD co-founders Dr Suha Kersh and Dr Martin Galy answer Tatler's questions, including the latest on injectables, hormone optimisation and the future of the clinic*

**What is 23MD's philosophy – and has it evolved?**

**Dr Galy:** To provide honest, transparent and holistic information to patients regarding their cosmetic and wellness needs. 23MD has become the leader in this field and is known for its patient-centric approach.

**What are most of the patients who come to 23MD seeking?**

**Dr Kersh:** Most want to feel 'refreshed', but they also want subtle, natural-looking results. This might include softening the appearance of sagging – such as jowls, a droopy mouth and tired eyes – but it also means rejuvenating the skin overall.

**What is the first step on a patient's holistic health journey?**

**Dr Galy:** A medical consultation with a doctor who truly listens; this holds true in any sphere of medicine. The doctor should speak with – rather than at – the patient, to gain a true

understanding of their symptoms, their needs and their expectations.

**When does the conversation turn to injectable treatments and their potential benefits?**

**Dr Kersh:** If a patient requires filler and if they're ready, then I guide them gently towards the available options. Volume loss, beautification and correction are just some of the reasons that fillers might be of benefit. After all, there are some emotional attributes as well as facial features that can only be addressed using these products – such as sunken temples, nasolabial folds and marionette lines.

**How can BHRT enhance our outer wellbeing?**

**Dr Galy:** BHRT involves the use of specific hormones that have the identical chemical structure to those that occur naturally in humans – and each has its own benefit. Oestrogen helps to keep the skin plump and moisturised; progesterone enhances sleep and reduces stress. Meanwhile, testosterone supports the maintenance of muscle and improves an overall sense of positivity, while thyroxine has beneficial effects for metabolic health, providing better weight control while reducing some gastrointestinal symptoms, including constipation.

**How do you help condition the skin ahead of dermal fillers?**

**Dr Kersh:** It's important to optimise collagen production and skin health ahead of treatment, which means devising a bespoke plan for the patient: perhaps to target open pores, crepeiness or skin laxity. A combination of hydrating skin boosters and collagen-regenerating devices such as Ultherapy, EMFace, Exilis or Morpheus8 works beautifully to ensure the skin is in optimal condition before we take the next step.

**How does balancing one's hormones contribute to the efficacy of aesthetic treatments?**

**Dr Galy:** Oestrogen plays a key role in the maintenance of collagen – and most cosmetic treatments use collagen stimulation as a route to improving skin elasticity. Anecdotally, those patients whose oestrogen has been optimised through BHRT tend to require less cosmetic support and intervention than those who choose not to.

**How do you maintain dermal fillers while avoiding an 'over-done' aesthetic?**

**Dr Kersh:** We use the time between annual

filler sessions to improve skin texture and invest in the patient's collagen banking. Profilllo, for example, allows the face to maintain its freshness for longer – while a hormonal check, at the appropriate age, is also necessary to support skin, bone and mental health.

**How does hormone balancing benefit the patient from an emotional point of view?**

**Dr Galy:** Studies show beneficial mood effects in recently postmenopausal women for at least four years following hormone treatment. Also, evidence from multiple studies indicates that testosterone has anti-anxiety as well as anti-depressant effects in both men and women.

**When it comes to dermal fillers, how has your technique evolved?**

**Dr Kersh:** More than ever, I'm focusing on highlighting a patient's positive features. I love to put back energy back into the eyes and improve the smile by lifting and supporting the surrounding features, while always striving to establish harmony by sculpting both the chin and jawline.

**What's new in the world of hormonal optimisation?**

**Dr Galy:** Liraglutide, an injectable medicine used for adults with obesity over BMI 30 or those who have a BMI over 27 in addition to weight-related medical problems. It works like a naturally produced hormone called glucagon-like peptide-1 (GLP-1), which regulates appetite and has been a game changer for women who have gained excessive weight in menopause or due to PCOS.

**What are the alternatives if someone does not want, or is not suitable, for fillers?**

**Dr Kersh:** Fillers are not for everyone and with new technology and devices, we can achieve great results regardless. Collagen production can be regenerated and the face therefore lifted and tightened using an individualised combination of treatments and techniques – resulting in long-term health for the face, skin and body.

**What else is new for 23MD in 2023?**

**Dr Galy:** After successes in London and Beirut, we will be opening our newest 23MD clinic in Dubai in early 2023 – giving our Middle Eastern patients greater access to our seven-star holistic healthcare and cosmetic services.

**Dr Kersh:** We are very excited about our new Dubai offering and look forward to welcoming our patients.