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bespoke cosmetic dermatology
personalised health maintenance

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Tatler Feature



Ask the experts

23MD co-founders Dr Suba Kersh and Dr Martin Galy answer Tatler's questions, including the latest on injectables, hormone optimisation and the opening of a new clinic

What do you think wellness means to patients?

Dr Galy: Wellness today is a multifaceted journey encompassing physical, mental and emotional harmony, where looking and feeling one's best are integral. However, achieving this can often require you to find a highly skilled physician who will focus on safe health management, including a personalised approach to bioidentical hormone therapy (BHRT).

What are the aesthetic concerns that you see patients presenting with?

Dr Kersh: Patients are often worried about a loss of facial structure, resulting in tired eyes and jowls – in addition to thinning skin, open pores and increased pigmentation. As a specialist in full face rejuvenation, my aim is to target these concerns synergistically, using a host of regenerative treatments and subtle volume replacement techniques.

And what are their emotional concerns?

Dr Galy: Hormonal imbalances can trigger

various emotional concerns, including mood swings, anxiety and depression. Stress-induced cortisol imbalances, fatigue and disrupted sleep patterns further impact emotional well-being, while changes in libido can contribute to intimacy issues.

When it comes to 'regenerative' procedures, what are you achieving excellent results with at the moment?

Dr Kersh: I love to blend collagen-stimulating treatments such as radiofrequency, ultrasound and laser with regenerative procedures such as polynucleotides, exosomes and skin boosters like Profhilo. This, in synergy with appropriate hormone optimisation, challenges different layers of the skin – which greatly enhances collagen production.

Where does hormone replacement therapy fit into the patient journey at 23MD?

Dr Galy: BHRT addresses hormonal imbalances, contributing not only to overall health but also to skin health and appearance. By optimising hormone levels (particularly oestrogen and testosterone), BHRT may improve collagen banking, enhance elasticity, reduce the appearance of fine lines and contribute to a more youthful complexion. This personalised approach to BHRT aligns with 23MD's commitment to comprehensive care.

How have you seen patients' body-focused demands evolve in the past year?

Dr Kersh: Today, patients are seeking a personalised yet holistic approach – and this means devising a plan that is bespoke to them. Hormone balancing and lifestyle amends are key – but so too are treatments to shape the silhouette, such as EMSculpt NEO and CoolSculpting. Intimate health is also becoming increasingly sought-after: from pelvic floor strengthening with EMSella to treating vaginal laxity and loss of sensation with Exilis Femme.

Weight-management medication is on the rise – how do you ensure these are safely and ethically prescribed?

Dr Galy: At 23MD, it begins with meticulous patient selection, focusing on those with a higher-than-expected BMI and/or those with medical conditions that can make patients predisposed to certain weight-control issues. The induction of proper dosage is a gradual process and we monitor blood parameters carefully; thereafter, we follow a step-down approach after the ideal weight has been achieved.

How does your expertise in facial aesthetics compliment weight loss medicine?

Dr Kersh: Weight loss results in increased volume loss, which contributes to sagging – so I work carefully to freshen the face and reduce the appearance of hollowing temples, sunken under-eyes and prominent nasolabial folds. Skin strengthening treatments like Profhilo and radiofrequency are excellent at tightening the skin, while dermal fillers – always judiciously administered – help to lift, re-energise and remove any negative emotional projections.

Which conditions can be improved via these medications?

Dr Galy: Any condition that predisposes to weight-management issues resulting in a BMI of more than 27 can benefit – these include conditions such as PCOS, hypothyroidism, diabetes, menopause and andropause.

For a patient on weight-loss medication, how do you prevent unwanted volume loss in the face and body?

Dr Kersh: Working preventatively is important in order to reduce the risk of skin laxity and diminished collagen stores. For the face, I love to combine Profhilo with Ultherapy, Exilis radiofrequency or microneedling with exosomes (for the face, our new Polyfusion and Hydrafusion treatments can't be bettered). For the body, we need to counter any increased abdominal laxity (NEOHydrasculpt – a blend of Profhilo Body, EMSculpt NEO and Exilis – improves muscle strength while tightening skin).

How do you see our use and understanding of weight management evolving in the future?

Dr Galy: These medications are already a game changer for many women experiencing PCOS, menopause or hypothyroidism and by including these new medications as part of a wider menu for weight management – including hormone optimisation, enhancing insulin resistance and improving overall lifestyle – we will effectively be able to slow or even reduce the development of obesity and diabetes.

What does 2024 have in store for 23MD?

Dr Kersh: It's set to be an exciting year! Our new Dubai clinic is taking off and we are enjoying getting to know our patients while raising awareness of natural rejuvenation. In London, our focus on combining cutting-edge technologies and personalised medicine continues – we have always set new industry standards, and we look forward to continuing to do so.

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