

Looking for a little lift? Head to anti-aging show

DIANA ZLOMISLIC
STAFF REPORTER

Leading up to the entertainment industry's biggest night of the year, many actors are battling a war of their own — discreetly taking time from peace protests to slip into a cosmetic surgeon's office for a nip here and a tuck there.

Thanks to Sunday night's Oscars and the demand for celebs to appear flawless, March is madness for plastic surgeons and dermatologists in Hollywood.

A quick shot of botulinum toxin, known as botox, to the palms and armpits temporarily freezes sweat glands so Hollywood stars stay dry under lights that can melt makeup.

The increasing attraction to cosmetic procedures, says Toronto dermatological surgeon Sheetal Sapra, is that there is little to no downtime. A \$400-\$700 serum can minimize frown lines or plump up lips within minutes. The effect should last for months.

Regular folk can learn how to put time on hold this weekend at a massive anti-aging show at the Metro Toronto Convention Centre.

Dubbed "New You 2003," the event plays host to more than 70 of the country's top cosmetic surgeons, dermatologists and dentists, who will be demonstrating trends and offering seminars on "miracle" treatments.

"People are now specifying that they don't want the 'American' look," says Brian Coghlan, president of the Royal Society of Medicine's plastic surgery section in Britain.

"Ladies in their 60s who can hardly smile is not what people are after any more."

Sapra, who says he has "fallen in love with botox treatments" for himself, agrees.

Angelina Jolie and Julia Roberts are the celebs mentioned

most often when Sapra's patients tell him what kind of lips they don't want.

Sapra is one of the first Canadian doctors to work with two new laser treatments that use radio waves to reduce discolouration and actually lift the skin. It sounds complicated, but Sapra, who has been practising since 1990, promises the effect is wonderful.

This weekend's convention is expected to attract about 20,000 visitors. Last year's event — the first of its kind — drew 15,000. According to the American Society for Aesthetic Plastic Surgery, nearly 6.9 million cosmetic procedures were performed last year. In terms of most procedures performed in a

North American city, Toronto ranks sixth, behind Los Angeles, Dallas, South Florida, New York and Chicago.

"It is becoming the standard to get something done," event founder Ann Kaplan says.

"This show is about understanding how you want to age."

For some, that means attending a seminar on genital enhancement by Dr. Robert Stubbs.

Or you could go the more natural route and investigate one of the 300 booths offering fitness tips, creams and nutritional advice.

For more information, check out www.newyou.ca. Tickets are \$12 at the door, or through Ticketmaster.

Events

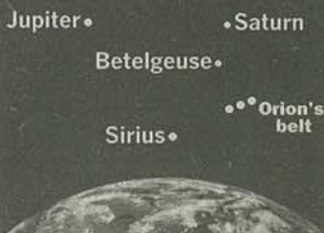
Ball hockey tourney: In its 10th year, Toronto Street Buds unites more than 900 inner-city children and youth from community centres around Toronto for a two-day ball hockey tournament, beginning tomorrow at 9 a.m. at the Better Living Centre at the CNE.

Sweet deal: Visit the 26th annual Sugarbush Maple Syrup Festival at the Kortright Centre for Conservation. Hike through the bush to see pioneer-style maple syrup demos, as well as the modern sugar shack. Admission \$6 for adults; children under 4 are free. Call 416-667-6299.

March madness: The world festival that explores the mind through the arts begins today and runs to March 30. Keynote speakers include Guy Maddin, Tracy Harris and Otto Wahl. Call Harbourfront box office at 416-973-4000 and visit www.madnessandarts.com.

Night sky

by TERENCE DICKINSON



South horizon
Evening sky view,
about 7:30 p.m.



The brightest object in the evening sky tonight (and this coming week) is the planet Jupiter. Next brightest is the star Sirius. Notice how Sirius twinkles furiously, but Jupiter does not. Stars are so far away their thin beam of light is fragile enough to be disturbed by air currents. Not so with the much closer planets. For more about Jupiter, see the science page in this Sunday's Star.

Looking for a light at the end of the how-old-do-you-think-I-am tunnel



LUCAS OLENIUK/TORRONTO STAR

Shine on Mississauga cosmetic surgeon Andrew Sarne performs a procedure called IPL Photorejuvenation, which delivers pulses of light to clear a patient's skin. Sarne is participating in this weekend's anti-aging show at the Metro Toronto Convention Centre. Up to 20,000 people are expected to attend. **Story, B5.**