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# Interview with Dr med Sabine Zenker, Dermatologist, Maximilianstrasse Munich

**Dr Klein:** Good afternoon, Dr Zenker. I am very pleased that we can meet here in the centre of sunny Munich during the Football World Cup: just your appearance itself is already a trademark for beauty. What made you dedicate your profession and your life to beauty, such an important feminine topic?

**Dr Zenker:** First of all, I like observing things. I think that, for a dermatologist, it is very important to be able to grasp things with his/her own eyes. One must have the gift for being able to analyse something optically and to recognise afterwards where the edge lies between aesthetics and what is medically necessary.

**Dr Klein:** Well, beauty is something very individual and I could imagine that your female patients have special ideas about what they consider to be beautiful. Do you also advise them with regard to their type, their image?

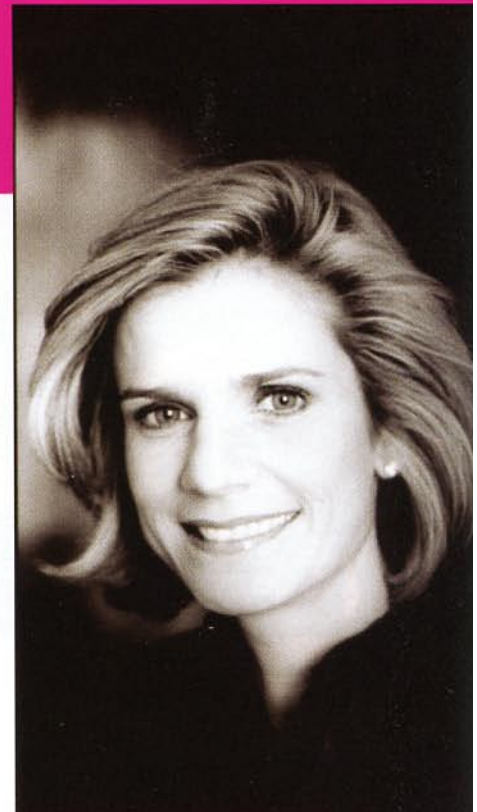
**Dr Zenker:** Definitely. I think it is important to understand the human being not only optically, but also considering his/her

ideas and expectations. After a medical treatment or a well carried out check-up, trust is often created and the question comes up: can you also help me do something against my wrinkles? And if there is such trust that one is accepted with one's medical and interpersonal competence, then the measure taken with regard to beauty will also be well founded. It is actually all about conserving the type, not changing the person, but giving him/her back what (s)he maybe once had.

Did she once have fuller lips, maybe? Or maybe she did not have the brownish spots when she was younger. Sometimes they also wish to have their appearance slightly improved. But it is always important not to change the patient. Actually, nobody should notice it!

**Dr Klein:** In your doctor's office you carry out all the necessary treatments which one performs in the dermatologic field.

**Dr Zenker:** My aim is to offer a specific service-oriented and very individual dermatology: this means skin cancer



Dr med Sabine Zenker

prevention, skin check-up, outpatient operations of, for example, skin tumours and other skin changes. The latest treatment which we carry out is that of, for example, pigment spots, age spots, small veins, spider veins etc. with the new highly modern intense pulsed-light technology! Another large part is represented by medical cosmetics and cosmetic hair consultation. I have great interest in peeling procedures in the case of acne and wrinkles and in procedures against pre-stages of skin cancer. We also offer allergological

diagnosis and therapy and vein consultation. In the field of the treatment of wrinkles I offer, from botulinum toxin to hyaluronic acid and collagen etc., exclusively processes which are based on natural materials with a very low side-effect potential.

**Dr Klein:** What's being asked for most commonly?

**Dr Zenker:** These numerous small changes, from spots, burst veins, warts etc. up to skin cancer. There is a lot of acne at the advanced age of 40 as well, permanent hair removal. And wrinkle therapy, of course.

**Dr Klein:** Well, you have separated your doctor's office and your cosmetics institute. What do you most often offer in your cosmetics institute?

**Dr Zenker:** Dr Zenker Cosmetics is an institute which offers holistic cosmetics: 'Complete cosmetic care under the supervision of a skin specialist doctor!' with all the processes that one can imagine in the field of cosmetics. This refers to the classical face treatment, special apparatus processes such as microdermabrasion, ultrasound, cupping etc., body treatment (for example in the case of cellulites), permanent hair removal, lashes styling, permanent make-up and evening make-up, type consultation, manicure and

pedicure, nail styling and natural nail strengthening, as well as ayurveda massages. In addition to exclusive niche brands such as Fermes de Marie, Talika, Omoyé, Dr Sebagh etc., we also offer our own Dr Zenker Cosmetics series with a small start-up product line, which represents a simple medically-based complete skin care. I myself am not a friend of the day and night cream, of the serum and then also of the 'anti-wrinkle express cure', this is all too complicated for me. There is simply cleansing, peeling, care cream and lipstick.

I expect a cream to do what it can do, because a 'wrinkle-vanish cream' has not yet been invented. But a cream that mixes antioxidants, like the well-proven rosemary, with high-tech proteins which develop the collagen, as shown in scientifically proved studies, is in my opinion reliable.

**Dr Klein:** Is the cream dangerous for women who do not have wrinkles yet?

**Dr Zenker:** No, but I would always recommend a cosmetic consultation first in such a case. A 15-year old girl does not need a high-tech cream, it would be too much care for her skin. It makes sense for people starting at the age of mid 20's, as this is when the aging of the skin begins.

**Dr Klein:** The cream does not

replace the wrinkle filling injection; do you do this as well and what methods do you use?

**Dr Zenker:** For my patients I do not use any products that have just been introduced on the market. I use botulinum toxin, a natural protein which relaxes the muscle that pulls the skin into wrinkles under the skin, and bio-degradable fillers to fill up the wrinkles such as hyaluronic acid. I also like using collagen, and in exceptional cases other products as well.

**Dr Klein:** How long do these measures show effect?

**Dr Zenker:** A wrinkle cure with botulinum toxin A has an effect of 3-6 months, in some cases even longer. A therapy with wrinkle fillers like hyaluronic acid or collagen can show effect 8 to 12 months if first-quality products are being used. All these materials are bio-degradable and have a low side-effect risk if used by the hand of an experienced doctor.

**Dr Klein:** Do only women come to you or do men come as well?

**Dr Zenker:** Men come as well, but they are certainly in the minority with regard to cosmetics.

**Dr Klein:** Can one also purchase your products abroad? That is, order them directly from you?

**Dr Zenker:** We sell the cosmetic products of Dr Zenker Cosmetics over the website:

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www.kultkosmetik.de. One can of course order directly from us and in the future over our website [www.dr-zenker-cosmetics.de](http://www.dr-zenker-cosmetics.de).

**Dr Klein:** Why did you choose the name 'Kult Kosmetik' (cult cosmetics)?

**Dr Zenker:** Kult Kosmetik is a company which combines kind of ingenious luxury products on its website. It focuses on niche brands, many exclusive French brands, such as Fermes de Marie, Talika, Omoyé etc., which we also have here in the institute and we have included the products from Dr Zenker Cosmetics as Doctor's Brand. Everything together can claim the cult status!

**Dr Klein:** Do you have any experience with Arab patients?

**Dr Zenker:** Since the foundation of the doctor's office two and a half years ago we have been able to gather much experience with Arab patients. We know their most common desires and the conventions and we are able to adapt ourselves to them, especially from the point of view of the language. They are – like all other patients – very welcome.

**Dr Klein:** What are the main skin problems that Arab women have?

**Dr Zenker:** There are often

dermatologic questions, the desire for a check-up. Due to the heat and the pollution combined with the veiling, many women from the Arab region suffer from a strong impurity of the skin and acne. Furthermore, dark skin is very vulnerable to pigment disorders. These are often a so-called chloasma, in whose treatment, which has been declared to be very difficult, I have specialised myself. This is a disease from which European patients very often suffer as well and in which case there are very, very few possibilities to do something effective against it. We have developed our own method together with our chemist: it is called Depi-Fast-Peel and it is a peeling method. Permanent make-up continues to be required as well and the new intense pulsed-light method against pigment spots, small veins and permanent hair removal etc. are often asked for as well.

**Dr Klein:** What can a woman contribute with regarding her diet in order to keep her skin healthy and beautiful? Is pizza, pasta, burger and chocolate on top the right combination in order to get acne permanently?

**Dr Zenker:** There is no direct proof that a wrong diet causes

us to have pimples. But if the digestion functions correctly, then one simply feels better. I think we do not know yet many connections between diet and skin conditions well enough. However, as I said previously, a healthy diet or after special diagnosis a well directed dietary supplement can make a lot of sense: for example carotene and natural antioxidants are very important as a protection against sun burns.

**Dr Klein:** From everything you have told me, I am concluding that you have a very wide range of possibilities and products, but you always apply these within the framework of a holistic consultation.

**Dr Zenker:** Yes, I always take a lot of time if I do not know a patient yet. I advise him/her and talk with him/her for a long time in order to really understand the person's problems and to find individual solutions.

**Dr Klein:** Ok, Dr Zenker, we thank you for this interview and wish you lots of success in the future as well.

**Dr Zenker:** Thank you very much.

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