

# **BOTOX LIFTS MOOD,** **SAYS STUDY**

Botox cosmetic injections for frown lines and wrinkles can alleviate depression, according to a study by Michael Lewis, School of Psychology, Cardiff University and Dr Patrick Bowler, Medical Director of Court House Clinic.

Published in the *Journal of Cosmetic Dermatology* and presented at the British Association of Cosmetic doctors annual conference, the new research suggested that relaxation of the corrugator (frown) muscle leads to less facial feedback for negative emotions. The authors asserted that the impact of this means a negative mood is harder to maintain and so the individual has a more positive mood.

To test this mechanism, the mood of 25 patients who had received Botox treatment for glabellar frown lines at Court House Clinics was measured and compared with patients who had received other cosmetic treatments. The patients treated with Botox showed significantly less negative mood.

Bowler was unsurprised by the study results and said that this may be one of the reasons patients are less likely to give up botox during an economic downturn. "For many years I have noted the positive effect of Botox cosmetic treatments on my clients, including some who have been suffering from mild depression", he said.

"We now have proof that alongside the "feel good" factor a cosmetic treatment can provide, there are also psychological mechanisms at work that show treatments such as Botox that prevent frowning correlate with a more positive mood".

# **BOTOX CELEBRATES** **ITS 20TH BIRTHDAY**

Botox, the well-known botulinum toxin used for cosmetic purposes, is celebrating its 20<sup>th</sup> anniversary.

Botox, owned by Allergan, was first licensed for the treatment of strabismus (crossed eyes) in the US in 1989. It was not until 2006 that Vistabel (Botox for cosmetic use) received an aesthetic licence in the UK for the treatment of glabellar lines.

Over its 20 years, Botox has been approved in more than 80 countries for 21 different indications to treat a range of neurological disorders. Vistabel is now approved in more than 40 countries and is used cosmetically by over 470,000 people every year in the UK alone.

Professor Anthony Ward, consultant neurologist, said, "Botox has really changed the face of disabling neurological conditions and is a remarkably effective treatment.

"It is one of the safest drugs in the neurological rehabilitation practice and there are now many people whose lives have been changed for the better because of it".