

## DR. KOUROS AZAR

**ALTERNATIVE OCCUPATION** Professional musician or inventor **ANTI-AGING ADVICE** I recommend TNS by SkinMedica, which has human growth factors in it **BEAUTY PRODUCT EVERYONE SHOULD HAVE** Retin-A, which is most effective for fine lines **HOBBIES** Guitar, rock climbing, extreme skiing, backpacking **PLACE YOU GO TO ESCAPE THE OFFICE** Ocean kayaking in Malibu **FRAMED PHOTO(S) ON YOUR DESK** My two sisters and my parents **RIGHT NOW I'M READING** The Hero with a Thousand Faces, by Joseph Campbell **I'M NEVER WITHOUT** My love of nature



## BETTER BONE STRUCTURE

For 35- to 45-year-old women who have a **FLATTENING OF THE CHEEK**, Dr. Azar has what at first seems like some unusual advice: get out the old high school yearbook! "I ask patients to go back and look at their photos from when they were 18 years old and look at their cheeks; the majority of them will have had very prominent, round cheeks, more golf-ball size, pinchable," explains Dr. Azar. "When they get to be 35 and 45, their cheeks look more like a flattened egg, squished. It doesn't signal youthfulness to the observer." He says a teenager's cheeks with a reflection of light in them reveal youthful beauty. Regarding **MIDFACE FLATTENING**, generally speaking, the doctor recommends a **MINIMALLY-INVASIVE ENDOSCOPIC** procedure, where small incisions are made and the tissue of the cheek is suspended using a dissolvable implant. In six months, the implant dissolves while the soft tissue re-adheres to the cheekbone, leaving the cheek with a newer, more youthful position.

INSIDE INFORMATION

# precision handling

A skilled violinist and flamenco guitarist, Dr. Kouros Azar handles music much the same way as his surgeries—with precision and artistic flair. "Manual dexterity is essential during surgery, and the same goes for violin and guitar playing; the most subtle hand movements affect the sound," he explains.

The soothing quietness of Dr. Azar's voice is yet another sound the doctor makes, which comforts and reverberates with his plastic surgery patients. In fact, what comes across when first meeting the doctor is his concerned tone, revealing a sincerity and humbleness that exudes warmth and reassurance. "As far as communication goes, I try to set up a relationship of trust and understanding with my patients."

The doctor, who performs mainly facelifts, rhinoplasty and endoscopic surgery of the face, enjoys being a sole practitioner. "I wanted to be on my own so that my moral and ethical standards didn't have to be wrapped up in someone else's standards." With a background in engineering, Dr. Azar actively designs and invents medical devices. In fact, he helped create a device which was implanted in the late actor Christopher Reeve to help him breathe without a ventilator. Such advances are common in his practice as well. "We're always on the cutting edge, providing our patients with the latest technology," he says. His Thousand Oaks, California, office offers many perks, such as electronically controlled leather chairs and iPods in every room, but Dr. Azar strives for far more. "Yes, we offer many amenities, but that's not as important as looking at the big picture of how we can improve lives," he says.

### BOARD CERTIFICATION

American Board of Plastic Surgery

### MEDICAL DEGREE

Case Western Reserve University

### GENERAL SURGERY INTERNSHIP AND GENERAL SURGERY RESIDENCY

University of Arizona

### FELLOWSHIP

Plastic and Reconstructive Surgery Fellowship, University of Utah

### AFFILIATIONS

American Society of Plastic Surgeons  
Rocky Mountain Plastic Surgery Society  
Engineering in Medicine and Biology Society

### AREAS OF EXPERTISE

Blepharoplasty  
Breast Augmentation  
Mid-Facelift  
Endoscopic Surgery  
Rhinoplasty

### LOCATION

Thousand Oaks, California  
805.373.7073  
818.761.1340

### WEB SITE

[www.doctorazar.com](http://www.doctorazar.com)

"I always come back to the idea that taking care of patients is a privilege."

—KOUROS AZAR, MD