

## The Channel Islands' best kept secret

We were very impressed as we were flicking through this month's Tatler magazine to see that our very own Jersey based Dr Curran was listed in the 'Doctor Who's Who', as a miracle worker, one of the UK's 30 Superstar surgeons, cosmetic doctors and dermatologists.

Under the title 'Best for sun damage' Dr Curran, who practices out of the Aesthetic Skin Clinic at the Lido Medical Centre, was called 'a genius at correcting sun damage' - they went on to say 'he is also very up on the latest technologies, which he rigorously researches, and only cherry-picks machines which are proven to work.'

And this chap is on our doorstep! So we thought we'd catch up with the man of the moment, an honorary Fellow and former president of the British Association of Cosmetic Doctors, Dr John Curran.



### So John, tell us about the career path to becoming a cosmetic dermatologist...

There are many ways into cosmetic medicine. I came from a general medical and dermatology background and was part of the group of colleagues who set up the first training schemes for young cosmetic doctors. We now have a post graduate medical Diploma in Cosmetic Medicine. Going forward it is considered essential that those doctors undertaking the more complicated procedures are fully qualified, peer reviewed, GMC registered medics who are members of the British Academy of Cosmetic Medicine.

### What would you have been if you hadn't become a cosmetic dermatologist?

It is an honour to practice medicine in any of its forms. I love people and would have been happy in any medical speciality. I couldn't see myself doing anything else.

### What's the most important consideration when you're deciding on treatment for someone?

The first thing on my mind is always that I have a duty of care for the patient. Everything that I do has to truly be for their benefit, all else is secondary. In aesthetic terms it is so important to be able to visualize the end result before commencing any treatment. You need to have a very clear plan, which not only matches the patient's expectations but also will ensure that any changes enhance the aesthetics and deliver a natural look.

### Most likely to say?

Did Man U win?

### Have you had any work done?

That question very nearly made me frown!

### Item you always carry with you?

My iPhone.

### Favourite place in Jersey?

Up in the air flying over Jersey. It is such a beautiful island that it makes me smile every time I fly in. It seems different every time.

### Have you seen fashions change in cosmetic surgery? What are people getting done now compared to 5 years ago?

Patients are looking for a much more subtle look. Big lips and the 'done look' are well and truly out. If you can tell, then it is probably overdone.

### Favourite memory?

Being there when my children were born. Nothing comes close but perhaps the first time I saw my wife (who is peering over my shoulder as I write this) would be right up there.

### What's your motto?

I'm not clever enough to have my own motto but one of my favourites is by fellow Celt, Oscar Wilde; 'Be yourself; everyone else is already taken'.

### How would you like to be remembered?

As a great dad.

### What's the latest treatment you are offering?

INTRAcél is the cleverest bit of technology I have seen for 10 years. It can change the quality of skin and tighten in a way we have not seen before. As it has relatively little downtime it will knock laser out of the park!

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