

SKINCARE PHYSICIANS OF CHESTNUT HILL

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The Cutting Edge: Improved Cosmetic Results With Less Risk

Twenty years ago cosmetic procedures were either very invasive, or not very effective, but rarely both. Today, we have a wide array of minimally to non-invasive procedures that produce dramatic yet natural results. Most people do not want to change their appearance or look plastic. They just want to look better, perhaps the way they did ten years ago. A great deal of research, much of it performed at SkinCare Physicians of Chestnut Hill, has gone into developing effective minimally invasive procedures that do just this. Thanks to all of the new technologies and techniques available today, it is now possible to achieve truly impressive results without having to take time out to recover. The advent of Botox, fillers such as Restylane, Perlane, Hylaform, Cosmoplast and Sculptra, as well as new lasers, light sources and radiofrequency devices like the Thermage unit, have created numerous options that allow physicians to individually tailor and optimize treatment to each patient. The breakthroughs have been nothing short of remarkable.

tions, crow's feet and lines below the eyes, between the eyebrows, on the forehead and around the mouth and chin slowly and naturally melt away, and all with no appreciable down time.

We can now use the many new soft tissue fillers to enhance lips that may have become thinner with age, as well as to fill in the folds from the corner of the nose to the corner of the mouth and the lines around the mouth and cheeks that deepen with age. Products such as Restylane are extremely popular because of their natural look and feel, and improved longevity. Treatment is easy and patients leave with only a pink glow over the treated site, which fades out within a day or so. Each filler agent offers unique advantages, and our physicians' expertise help patients choose the material that best fits their needs. These new materials can provide dramatic, natural looking aesthetic improvement.

Advances in lasers and light sources allow treatment of wrinkles, scars, broken blood vessels, excess hair, brown sunspots, and acne without any significant healing time. Only a few years ago, small veins on the face could not be effectively removed without a week or two of bruising. Today we are able to effectively treat patients with only a few hours of pink discoloration. Likewise non-ablative

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Botox continues to be the most popular cosmetic treatment in the country, with over 2.3 million patients treated last year alone. The reason is simple; the procedure is quick, nearly painless, has almost no long term risks, and is remarkably effective in nearly every patient. The doctors at SkinCare Physicians have actually pioneered many of the techniques now used around the world. With a few simple injec-

A Day at the Plaza—Skin, Beauty and Health



The staff at SkinCare Physicians and Gretchen Monahan of Gretta Cole invite you to join us for "A Day at the Plaza - Skin, Beauty and Health". Learn what's new and exciting in the areas of skin care, cosmetic surgery, and skin health from the experts you trust.

- November 6 from 8:00 am to 1:00 pm at the Copley Plaza Hotel.
- Breakfast, lectures by our physicians, demonstrations, and gifts to take home.

- You can register on our web site by clicking on the "A Day at the Plaza" link: www.skincarephysicians.net

This event is partially sponsored by Thermage, Allergan (Botox), Medicis (Restylane), Ortho-Neutrogena and Candela Corporation. All net proceeds will be donated to The Second Step, a private non-profit agency that provides services to women and their children that enable them to remain free from abusive relationships and lead productive lives.

Cosmetic Surgery (Continued)

treatment of wrinkles and scars and the Thermage procedure for skin tightening have little if any downtime (see article on Thermage). We have several lasers that can erase wrinkles without any recovery time. This is truly amazing!

Laser treatment of acne is a wonderful option for patients who have not responded to traditional medical treatment. Lasers are used to heat and shrink the sebaceous glands responsible for acne producing 6 to 12 months of improvement. These no-downtime treatments also help acne scarring at the same time.

The active scientific research performed at SkinCare Physicians has helped pioneer many of these new non-invasive technological breakthroughs. Pre Restylane Post Restylane



The Tools of a Dermatologic Surgeon

You go see the dermatologist and you want to have a few things done to perhaps improve your appearance. How do you know 1) what to do, and 2) who should be doing it? These are questions frequently asked by our patients, and they are important in helping patients decide what treatment course is best for them.

At SkinCare Physicians of Chestnut Hill, we take these issues quite seriously. We have over 25 different lasers, and offer more than 75 different treatment options to our patients. The answer to the first question about what you should be doing in part depends on what tools your dermatologist has at his/her disposal. We are fortunate to live in a time where the availability of minimally invasive, safe cosmetic procedures seems to expand on a daily basis. The key is to have a doctor who not only understands your needs, but has the skill and knowledge to use many of these new procedures with the expertise needed to get maximum benefit. That is one of the reasons the doctors at SkinCare Physicians, with over 100 years of combined experience, are involved with ongoing research involving over a dozen companies and products.

The second question as to who should be doing your treatments is an important one. As the field of cosmetic surgery has expanded, the number of doctors and nurses performing these treatments has also increased. So how does a patient know who to see? The simple answer is to pick a physician who is expertly skilled in the use of not one or two cosmetic procedures, but in an array of laser and cosmetic treatments that allows the doctor to custom fit the available options to what is right for you. But to do that requires you to find a doctor that not only has a diverse skill set, but the eye to see just what will benefit you. That is one of the challenges that we love about cosmetic surgery at SkinCare Physicians. No two faces or bodies are the same, and it is our responsibility to help our patients understand the myriad of options that are available to them. Not only do we custom fit a program for them, but expertly do the treatments day in and day out. We believe this is what makes SkinCare Physicians so special.

Roll Back the Clock on Aging Hands

While many patients have learned that the Vein Center at SkinCare Physicians specializes in advanced leg vein treatment techniques, few are aware that hand veins can be treated just as effectively. The hands can be a telltale sign of aging. Over time, as the skin thins and muscle tissues and fat deposits in the hands decrease, veins appear larger, making the hands appear aged or masculine. After patients undergo facial cosmetic procedures, they become aware of the discrepancy between their new youthful facial appearance and the aged look of the hands.

Injection sclerotherapy is a minimally invasive procedure that offers a fast, simple, and virtually painless way to have younger, feminine looking hands with no significant risks. The treatment is done in the office and requires no anesthesia. It involves the injection of a solution into the vein with a fine needle. The solution causes the veins to slowly collapse over time. Two hours after treatment, the patient can resume all activity without limitations. Blood flow is rerouted to other existing veins without compromising circulation. The results are dramatic and long lasting.

SKINCARE AESTHETICS

OF CHESTNUT HILL

Phone: 617-848-1621



Aesthetician's Corner

We are pleased to announce the expansion of SkinCare Aesthetics services and hours to better accommodate our patient's needs.

Mondays and Tuesdays: 8:00 am-6:00 pm

Wednesdays, Thursdays, & Fridays: 8:00 am-8:00 pm

Saturdays: 9:00 am-3:00 pm

Our new services incorporate the latest in products and non-invasive technologies to stimulate collagen, even skin tone, exfoliate, and ultimately improve the appearance of your skin and reduce the signs of aging. Please give us a call to discuss any of these treatments.

Standard

Pre & Post Operative
Pre & Post Pregnancy

Body Treatments

Medical Cleansing Back Treatment
Seaweed & Aloe Back Treatment
Hand Renewal and Rejuvenation

Rejuvenating

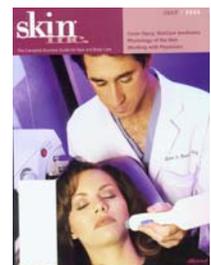
Enzyme Options including Mango,
Pomegranate, and Tomato
Vitamin K
TNS Vitalize Peel
TCA Peels (Low Grade)

Advanced Technology

Vibraderm
Gentle Waves LED

Problem Targeted

Anti-Aging Collagen
Skin Lightening Treatments



SkinCare Aesthetics was recently featured in the July issue of *Skin, Inc.*

Thermage Procedure Hits Its Stride

The response from our patients to the Thermage procedure for tightening skin has been tremendous. Over the past year, we have improved our results substantially with the addition of new treatment tips for the machine, as well as new treatment algorithms and techniques. Never before have we been able to improve the shape and appearance of the face so predictably. In addition, Thermage was approved by the FDA in June 2004 for the tightening of skin along the jaw line, cheeks, and neck. It had previously been approved for lifting of the eyebrows and treatment of wrinkles around the eyes. This FDA approval was a major milestone for the company, and was in large part due to pioneering research done in our research division at SkinCare Physicians of Chestnut Hill.

Some exciting new research, again done at SkinCare Physicians, has also demonstrated the effectiveness of Thermage for active acne, as well as tightening the skin in other areas, such as the lower abdomen, upper arms, and outer thighs. Although this research is in its early phases, the results are quite promising. It is within our grasp to tighten that troublesome lower abdominal skin in a relatively easy 45-minute procedure! And most importantly, we have had several major breakthroughs in the past year with pain control and the Thermage procedure. Using a variety of different methods, we are now able to make the procedure extremely comfortable for our patients, and our techniques have become a model for doctors from around the world to copy. Please feel free to ask our staff about Thermage and these exciting developments. SkinCare Physicians continues to be a leader in the enhancement and development of this fascinating procedure.

New Hope for Patients Suffering with Psoriasis

Psoriasis is an incurable skin condition that affects two out of every 100 people. It appears as dry, red, scaly lesions anywhere on the skin surface and is often itchy and painful. When limited to a few areas, topical creams are usually successful in controlling the disease. However, when the psoriasis is more extensive, more aggressive treatment is required. Until recently, therapeutic options were limited to ultraviolet light exposure and a number of oral medications which had significant potential side effects, such as skin cancer, as well as liver and kidney damage.

Now, as a result of greater understanding of psoriasis as an inflammatory disease, new therapies are available to patients. Dr. Jeffrey Sobell, in collaboration with other physicians around the world, helped to develop three new FDA-approved therapies for moderate to severe psoriasis: Amevive®, Enbrel®, and Rapitiva®. These therapies specifically target the inflammation that leads to the disease without the dangerous side effects.

If you or someone you know is suffering from psoriasis, please come see us at the Psoriasis Center at SkinCare Physicians of Chestnut Hill for an evaluation, and for further information on these breakthrough therapies.

Did you Know?

The most common cosmetic procedures performed at SkinCare Physicians of Chestnut Hill are:

- Botox injections
- Restylane injections for facial wrinkle reduction, creases and lip enhancement
- Laser and light treatments for brown and red spots of the face, chest, and hands
- Liposuction of the abdomen, hips, arms, and outer thighs
- Laser hair removal
- Glycolic acid chemical peels combined in series with microdermabrasion

How Do Lasers Work?

Lasers are actually just light, often times visible light in the rainbow spectrum, but not ordinary light. They are highly specialized sources of light that may be fine-tuned and adjusted to specifically remove certain things on the skin without disturbing other nearby structures. This is called the principle of *selective photothermolysis*. In short, each laser is tuned to be absorbed by only one thing in your skin. Sort of like a magic bullet that finds its target 100% of the time without touching anything else!

In The News

- Various members of SkinCare Physicians were featured repeatedly in the print media in magazines such as *Allure*, *Self*, *Elle*, and on the *Oprah Show* over the past few months.
- SkinCare Aesthetics was the featured aesthetics practice in the July 2004 issue of *Skin, Inc.* magazine. *Skin, Inc.* is one of the leading journals for aestheticians in the country, and is widely respected as a source of information. Dr. Kaminer is on the cover of the magazine performing Thermage.
- Drs. Rohrer, Dover, Arndt, Sobell, Travers and Kaminer have appeared over 50 times on the local ABC, NBC, and CBS news channels as experts on Botox, Restylane, Cosmoplast, a variety of cutting edge new lasers and light sources, as well as skin cancer and sun protection.
- Dr. Dover continues to appear weekly on the noontime news for WCVB-TV Channel 5.
- Dr. Hsu was featured in a story on the treatment of hand veins and leg veins on WBZ-TV Channel 4.
- Dr. Rohrer acted as the spokesperson for the Skin Cancer Foundation in a national media tour on skin cancer awareness and sun protection that appeared on news stations across the country, as well as a segment on NPR.
- Dr. Kaminer was featured in a story on the use of fat transplantation to eliminate wrinkles on WHDH-TV Channel 7.

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WE'RE ON THE WEB!
WWW.SKINCAREPHYSICIANS.NET



We strive to bring our experience and commitment to academic and clinical excellence to our practice through the latest in medical, surgical, cosmetic, and laser services. All treatment options are available to our patients who have dermatologic, aesthetic, skin cancer, cutaneous, surgical or other medical or appearance-related concerns.

The mission of SkinCare Physicians of Chestnut Hill is to deliver personalized service along with ethical, skilled, comprehensive care. Our renowned physicians offer a broad range of diagnostic and therapeutic procedures, providing patients with unparalleled service. This vision is the cornerstone of who we are and what we do.

SkinCare Physicians and our Affiliations

We are proud to have formal academic and teaching relationships with many of the preeminent teaching institutions in New England. Our doctors are nationally and internationally recognized for their leadership, and nowhere is this more evident than in their impressive array of academic appointments at major universities. Our affiliations include:

Yale University * Harvard University * Dartmouth College * Boston University * Tufts University



Dr. Kenneth Arndt



Dr. Jeffrey Dover



Dr. Michael Kaminer



Dr. Robin Travers



Dr. Mami Iwamoto



Dr. Thomas Rohrer



Dr. Jeffrey Sobell



Dr. Jeffrey Hsu



Dr. Katrinka Heher



Dr. Kay Kane