



## Botox and Restylane: The Modern Day Fountain Of Youth

There is an old medical saying that sound treatments stand the test of time, and our experience with Botox and Restylane clearly supports this. Introduced more than 5 years ago, these two treatments for facial aging remain the foundation for many treatment strategies.

Botox and Restylane are remarkably safe, and deliver the goods in terms of results. Virtually 100% of patients treated with these materials see some measure of results, and most impressive is the predictability of these treatments. Botox and Restylane are reliable, safe, reproducible therapies that address many of the common signs of aging.

**Botox** remains the treatment of choice for wrinkles of the upper one third of the face, including the forehead, between the eyes, and around the eyes (crow's feet). Over the past few years,

Botox injections on the lips to prevent wrinkles and reduce the lines caused by smoking and sun damage have become common. Botox is also used to smooth out the neck, and help turn up the corners of the mouth to eliminate the sad look that can come with tissue loss and aging. Botox has now become a standard, reliable treatment for migraine headaches. For those who suffer from migraines, Botox injections can be a life enhancing and altering event. Rather than spend several days each month bed-ridden, patients are given their lives back as Botox helps to eliminate migraines. The other area that Botox has taken by storm is the treatment of excess sweating (hyperhidrosis). Many patients suffer from hyperhidrosis of the hands and under the arms. In one, simple, 15 minute session sweating can

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## Fraxel Laser: A Breakthrough In Skin Rejuvenation

Perhaps the most exciting new development in cosmetic dermatology this past year has been the introduction of a brand new concept in skin renewal, fractional resurfacing with the Fraxel laser. Unlike traditional aggressive resurfacing lasers, the Fraxel laser treats a small percentage (20%) of the skin during a short, comfortable 30 minute procedure. What is the advantage? Well, by treating only a fraction of the skin surface, it allows for much more rapid healing while producing visible improvement in skin tone, texture, color, and fine wrinkles. Patients experience only minor redness and swelling for 2 to 3 days after the treatment, and can usually return to their normal activities the next day.

The downside to other resurfacing lasers has been their lengthy recovery period (weeks), pain, and potential side effects. With the new Fraxel laser, this is a thing of the past. Since only a fraction of the skin is treated, patients generally have a series of 3 to 5 treatments to achieve optimal results.

SkinCare Physicians is proud to be one of the pioneers in fractional resurfacing. Our physicians are respected for their skill with the Fraxel laser, and regularly teach their techniques to other phy-

sicians around the country at national meetings. In addition to improving wrinkles, the Fraxel has been excellent in removing dark pigmentation and improving acne scars. Another significant advantage of the Fraxel laser is the ability to treat areas other than the face. For the first time ever, we can reliably improve skin quality of the chest, arms, and hands, reducing brown spots and improving skin tone and texture. This was not possible with traditional resurfacing lasers. In just a few treatments, with very little to no "down time," noticeable improvement in the texture and tone of the skin is accomplished.



Before Treatment



After 4 Treatments

So ask us about the Fraxel laser, and see if this exciting new technology can help you improve your skin!

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## Botox and Restylane (continued)

be eliminated for up to 12 months. Absolutely incredible!

**Restylane** has lived up to expectations for its ability to reliably, safely, and naturally fill-in and enhance skin depressions and wrinkles. Restylane now dominates the field of soft tissue augmentation, mostly because it can help erase many signs of aging that until recently were difficult to treat effectively. Wrinkles around the mouth, acne scars, smoker's lines, and deep folds of the cheeks and between the nose and mouth can all be treated with Restylane. Lips can also be enhanced either subtly or dramatically, depending on the patients preferences and facial features using a variety of techniques pioneered at SkinCare Physicians. One of the exciting new uses of Restylane is augmentation of the cheek bones to restore that youthful fullness to the face, as well as filling in of the areas under the eyes to eliminate the tired look that can come with age.



Pre Restylane



Post Restylane

Both **Botox** and **Restylane** are extremely technique dependent materials to inject. More than any other non-invasive treatments, these procedures require exquisite skills like those of our world class SkinCare Physicians. Our doctors have performed thousands of these procedures, and possess the skills needed to help you achieve the results you are looking for.

## Melanoma Increasing At An Alarming Rate

Melanoma, the most severe form of skin cancer, is curable when detected early but can be fatal if allowed to progress and spread. The lifetime risk of developing melanoma is now 1 in 62 Americans, a 2000% increase from 1930. Furthermore, one American dies from melanoma every hour.

Melanoma can strike anyone, but those at greater risk include fair-skinned sun-sensitive people, anyone with a history of sunburns, those with many moles, and having a close relative who has had melanoma.

Clearly, the most preventable cause of melanoma is excessive exposure to sunlight. However, recent media coverage of unsubstantiated reports linking the health benefits of vitamin D to unprotected sun exposure has confused many people. But here are the true facts: even high-level sunscreens do not block all of the sun's rays and studies confirm that vitamin D levels in sunscreen users are normal. So sunscreen use is safe, and is vital in preventing melanoma.

The American Academy of Dermatology recommends year-round daily use of broad-spectrum sunscreens with a Sun Protection Factor (SPF) of 15 or higher, wearing protective clothing and hats, seeking shade whenever possible, and annual skin exams for those who have risk factors for skin cancer.

## Exciting Scientific Research At SkinCare Physicians

SkinCare Physicians leads the nation in clinically applied research in many aspects of dermatology, including general dermatology, laser and cosmetic surgery. We have a state of the art clinical research facility where many new techniques and products are developed and enhanced. The research program at SCP has taken years to perfect, and is a very important part of who we are as a medical practice as well as leaders in the field of Dermatology.

SkinCare Physicians is presently doing over 10 clinical trials on treatments for wrinkles, psoriasis, acne, skin aging and skin tightening. We have recently completed one of our many Thermage skin tightening studies that was used for FDA approval of the technology. An FDA monitored controlled study of injecting liquid silicone found it to be highly effective and safe in the treatment of both facial creases and acne scars, and two studies just completed proved just how effective two different laser treatments are for moderately severe acne, a very exciting advance. Studies on a new type of "Botox" and two new filler substances are underway. For more information about our research center, or if you wish to volunteer for an upcoming study, call 617-848-1638.

## A Facelift Without Scars? The New Contour Threadlift Has Finally Arrived



For years we have been hearing about new facelift procedures that would not leave scars. Until now that has been more hype than reality, but all that changed with the introduction of the Contour Thread Facelift. Approved by the FDA in May, 2005, our surgeons were among the first in the United States to perform this procedure. And results have been simply amazing.

The Contour Threadlift is a 1 to 2 hour outpatient procedure performed in our surgical suites at SkinCare Physicians. The patient is given an oral medication for relaxation, and the rest of the procedure is performed with the aid of a local anesthetic. Incisions are absolutely tiny, measuring no more than a few millimeters, and bandages aren't even necessary. We can tighten the neck, reshape and restore the natural shape of the jaw line, fill in the hollows under the eyes, recreate the natural fullness of the cheek, as well as subtly elevate the brows to give a more youthful look to the area around the eyes.

The results are spectacular, yet the recovery and downtime are minimal. Even more impressive is the exquisite natural look the Contour Threadlift produces.

In expert hands like those of our doctors at SkinCare Physicians, this procedure is a wonderful option for patients who want to improve facial contours without the risk of that overdone, pulled look of some facelifts. Patients can actually see the results appear before their eyes as our physicians gently tighten the skin and erase signs of aging. The Contour Threadlift has certainly lived up to expectations, and we would be happy to discuss it further with you during your next visit to SkinCare Physicians.

## Hot Topics...

**Liposuction:** Did you know that liposuction is one of the safest outpatient cosmetic procedures you can have? Recent surveys of liposuction using the tumescent technique (which we use exclusively here at SCP) in over 80,000 patients showed the procedure to be incredibly safe and reliable. If you have areas of fat you don't like or want, we can remove them in less than 2 hours!

**Hair transplantation:** Surprisingly, both men and women are affected by hair loss. Thankfully, we can replace the hair you've lost with your own hair to create completely natural looking results. The pluggy look of the past is gone. So if you give us 4 hours, we can give you back your hair.

**Laser hair removal:** If you have body or facial hair you don't want, we have the laser to get rid of it for you. We can treat both light and dark skinned patients, with most treatment sessions taking only 15-30 minutes. Winter is the perfect time to start these treatments.

**The new Thermage "ultra":** Less pain, less time, and all with more results? Surprising but true. We now have data to show that more than 94% of treated patients get noticeable results, with tighter skin and a more youthful appearance. We can now tighten arms, legs, and bellies too.



SKINCARE AESTHETICS™



## Aesthetician's Corner: Monthly Specials A Hit

Starting in late 2004, SkinCare Aesthetics began featuring monthly specials to highlight for our patients some of the important elements of caring for the skin. The popularity of these offers has been tremendous, and they have become an important part of the SkinCare Aesthetics program to help patients manage their skin at all times of the year.

Each month, our aestheticians select a treatment or combination of procedures they feel will be particularly appropriate for the time of year. As we all know, changes in weather conditions can wreak havoc on skin, and good skin care is essential to helping your skin sail through the change of seasons that are so much a part of the New England way of life.

Recent specials have included receiving 20% off your next treatment for May, a series of 3 Glycolic Peels combined with 3 Gentle Waves treatments for June, and a one hour back cleansing treatment, consisting of a deep cleansing, exfoliating scrub and mask, series of two treatments for July and August.

To keep up to date with the latest SkinCare Aesthetics specials, please contact our aestheticians at 617-848-1621.

## Our Doctors Teach The World

Each year in August, SkinCare Physicians hosts what many consider to be the best laser and cosmetic surgery meeting in the world for physicians. This past summer over 300 doctors from around the world participated in the 2006 meeting at the Four Seasons Resort Aviara in Carlsbad, California. All the most interesting topics in the field were discussed, including advances in the use of fillers, Botox, a variety of laser and light procedures, and radiofrequency skin tightening in a highly interactive and educational forum. This meeting, *Controversies and Conversations in Lasers and Cosmetic Surgery*, is just one of the many exciting academic activities our physicians teach, plan and direct every year.



## The SkinCare Physicians Family Is Growing!



SkinCare Physicians has opened its arms wide for many new family members in the past 2 years, as physicians and staff have brought home 13 newborn babies! And the baby boom doesn't show any sign of slowing. SkinCare Physicians prides itself on creating a family-friendly work environment that is flexible and supportive to working mothers and fathers. Taking superb care of ourselves, our employees, and our families allows us to continue to take superb care of our patients!



## In The News

The doctors at SkinCare Physicians are internationally known experts in their fields. One of the many things that distinguishes SkinCare Physicians is the prominence our staff has in the medical community and the media. They are considered by many to be the "doctor's doctor", and are regularly featured in local and national media, including:

- ❖ Allure
- ❖ Self
- ❖ Elle
- ❖ Oprah
- ❖ Redbook
- ❖ Boston Magazine
- ❖ The Boston Globe
- ❖ New York Times
- ❖ Mirror Magazine
- ❖ Channel 4 WBZ-TV
- ❖ Channel 5 WCVB-TV
- ❖ Channel 7 WHDH-TV
- ❖ Channel 56 WB56
- ❖ Channel 25 FOX-TV
- ❖ Who's Who in Medicine and Healthcare
- ❖ America's Top Doctors
- ❖ America's Cosmetic Doctors and Dentists



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## WE'RE ON THE WEB!

[WWW.SKINCAREPHYSICIANS.NET](http://WWW.SKINCAREPHYSICIANS.NET)

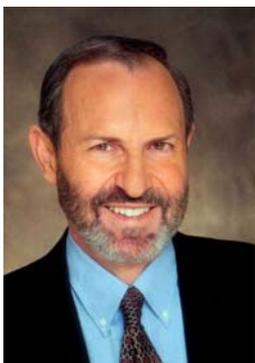
We strive to bring our experience and commitment to academic and clinical excellence to our practice through the latest in medical, surgical, cosmetic, and laser services. All treatment options are available to our patients who have dermatologic, aesthetic, skin cancer, cutaneous, surgical or other medical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

The mission of SkinCare Physicians 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. Thomas Rohrer**



**Dr. Tania Phillips**



**Dr. Jeffrey Sobell**



**Dr. Katrinka Heher**



**Dr. Jeffrey Hsu**



**Dr. Kay Kane**

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Contour Threadlift • Fraxel laser • Fat transplantation • Restylane • Thermage • Blepharoplasty • Endovenous ablation