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Double Trouble For The Double Chin

Our dermatologists at SkinCare Physicians now have TWO new tools to treat unwanted double chins –*Kybella* injections and *CoolSculpting CoolMini*.

CoolSculpting is a non-invasive procedure that minimizes pockets of unwanted fat. It uses cold temperatures to permanently decrease the number of fat cells. In 2015, a new version of this treatment called *CoolMini* was approved by the FDA to treat the chin area. Patients can see improvement in the appearance of their double chin after 1 or 2 hour-long treatments, with maximum benefit in 1-3 months. SCP was one of the first practices in the country to use this exciting device!



Before *Kybella*



After *Kybella*



Before *CoolMini*



After *CoolMini*

contours and treats extra fat in the neck area. It consists of deoxycholic acid, which naturally occurs in the human body and breaks down dietary fat. *Kybella* is injected under the skin to help permanently destroy unwanted fat cells. Many patients see improvement in just 2-4 treatments, which are performed at 1-2 month intervals. SCP Research participated in the clinical trials for this medication and our physicians are experts in using it.

Our cosmetic dermatologists will know which treatment will be most effective for you! Both *CoolMini* and *Kybella* are in-office procedures, with rapid recovery and superb results.

Kybella is the only FDA-approved drug that

You Can Look 6 Years Younger In 20 Minutes!

New research proves that you can look 6 years younger after a simple 20-minute procedure. In collaboration with Allergan (the research sponsor) and 9 other colleagues across the United States, SkinCare Physicians has helped to pioneer new research in the recently completed *Harmony Study*.



Before



After

also help to subtly raise the eyebrows to give a more refreshed appearance, and to diminish unwanted wrinkles and muscle bands on the neck. Using proven and proprietary techniques, our skilled physicians are able to create a natural look while eliminating any risk of looking frozen or mask-like.

By utilizing a combination of products including *Botox*, *Juvederm*, *Voluma*, and *Latisse*, patients noticed several immediate and significant results. In addition to looking younger without any surgery, they felt better about themselves as measured by a novel survey tool called FACE-Q.

Botox is one of the most popular cosmetic treatments available, and along with *Dysport*, is safe and effective for removing lines around the eyes and forehead. *Botox/Dysport* can

Fillers such as *Juvederm*, *Voluma*, as well as *Restylane* and *Belotero*, are some of the most amazing cosmetic tools we have at our disposal. Our doctors can literally erase years of aging in just a few short minutes. Hollow cheeks, annoying lines around the mouth, jowls, sunken temples, and nearly any line on the face can literally be filled in and erased with these novel and safe materials. Adding *Latisse* to lengthen and enhance eyelashes is simply the finishing touch!

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Stop The Clock With Thermage



Before/After Thermage

Thermage for skin tightening is one of the most popular treatments at SkinCare Physicians. In addition to tightening skin, *Thermage* also helps to slow the aging process. Collagen is remodeled, and skin is firmed-up, which leads to a more youthful

appearance. Using the newest *Thermage* treatment tip (Total Tip), the procedure now provides consistent heat for improved patient comfort. *Thermage* softens wrinkles and improves contours of the cheeks, neck, jawline, eyes and forehead by causing new collagen to build under the skin's surface. Ask us if *Thermage* can help you slow down the hands of time.

Erase Sun Damage, Wrinkles And Acne Scars... Safely And Quickly!



Before/After Fraxel

After over a decade of use, the *Fraxel* family of lasers have proven to be some of the most reliable and popular ways to make skin look younger and healthier. Whether it be brown spots, wrinkles, texture changes or acne scars, the *Fraxel* lasers can effectively and safely minimize

them. Downtime is limited, and results are predictable and extraordinary.

The *Fraxel Re:store* is excellent for reducing the appearance of acne scars, and has changed the lives of many of our patients. It also builds collagen and smoothes skin. The *Fraxel Dual* treats fine lines and wrinkles, and is perhaps the best way to eliminate pigmentation and sun damage. The *Fraxel Re:pair* is the most aggressive of the lasers, and is reserved for patients who have more severe sun damage, stubborn wrinkles and pigmentation. Our SCP laser experts will custom design your treatment plan, and determine which *Fraxel* laser might be the right fit for you.

Our New Skin Care Recommendations

What should you apply to your skin to prevent aging and wrinkles?

We recommend two **Morning Must-Haves**: an anti-oxidant serum such as SkinCeuticals CEFerulic, and a sunscreen with glycolic acid, SkinCare Prescription Day Anti-Aging Moisturizer AHA SPF 15. Your skin also needs night care. We suggest two **Evening Essentials**: an anti-aging growth factor TNS Recovery Complex by SkinMedica, and a collagen inducing peptide cream, SkinCare Prescription Intensive Anti-Wrinkle Moisturizer.



Our dermatologists have over 150 years of combined experience, and have carefully chosen these morning and evening programs to help ensure a lifetime of younger and healthier looking skin.

Cellulite And Fat Removal Made Easy

SkinCare Physicians remains at the forefront of non-surgical body shaping. We have helped to develop two amazing technologies that are the gold standard for reducing fat and eliminating cellulite: *CoolSculpting* and *Cellfina*.

• CoolSculpting: Even More Body Shaping Options

CoolSculpting uses cold temperatures to produce liposuction-equivalent results in many patients, removing fat from unwanted areas such as the abdomen, love handles, bra-line, as well as inner and outer thighs... all in just a few short hours. Recent enhancements to the *CoolSculpting* technology allow us to sculpt the knees and neck/jawline without any surgery, which is truly remarkable! *CoolSculpting* is safe for people of all skin types and is associated with minimal down time. It continues to be one of our most successful treatments!



Before/After CoolSculpting

If you are bothered by your double chin, check out the article entitled *Double Trouble For The Double Chin* on the first page.

• Cellfina: A Cellulite Treatment That Finally Works



Before/After Cellfina

Cellfina for cellulite removal is the newest addition to our body shaping program at SCP. The first ever Cellfina treatment in the United States was performed at SCP, and we continue to be the world leader in this exciting new cellulite removal technique. Patient satisfaction is tremendous, with 96% of patients happy with their results a full 2 years after the procedure. *Cellfina* works exceptionally well at eliminating cellulite dimples on the buttocks and outer thighs, and we can treat some

dimples on the back and front of the thighs as well. It is amazing how smooth the skin looks on the thighs just a few short weeks after treatment, and even more impressive is how happy *Cellfina* has made our patients. This is truly one of the most patient-friendly, happiness-inspiring techniques that we have ever introduced at SCP.

The physicians at SCP will create a custom program for each of our patients, carefully fitting the capabilities of *CoolSculpting* and/or *Cellfina* to your individual needs and anatomy. Some patients need just a little bulge removed, where others need more comprehensive shaping and smoothing. Regardless of your shape or desires, our years of experience at SCP can help you achieve the shape you want!

In The News

• Decrease Your Risk Of Skin Cancer



We know that sun exposure is linked to skin cancer. The good news is that there are many actions you can take in order to decrease your risk!

Researchers have shown that people who apply sunscreen every day have a lower risk of melanoma compared to people who apply it only as they feel necessary. Applying sunscreen to sun-exposed sites daily and re-applying it every 1-2 hours when outdoors (even when it's cloudy) is important. Approximately 1oz of sunscreen is sufficient to protect an average body surface area and should be applied 15-30 minutes prior to sun exposure.

Choosing a broad spectrum sunscreen with a minimum SPF of 15-30 is also key. The active ingredients in sunscreens are either chemicals that absorb harmful UV rays or minerals, which reflect these rays. Individuals with sensitive skin may notice less irritation from sunscreens with zinc oxide and titanium dioxide, which are mineral blockers.

Other important behaviors that decrease your amount of sun exposure include wearing sun-protective clothing such as hats and UPF rated clothing; avoiding peak sun intensity between the hours of 10am and 3pm; and seeking shade whenever possible.

With just a few simple steps you can decrease your risk of developing harmful skin cancers!

• Top Docs In Your Backyard

For over a decade, SkinCare Physicians has been recognized as one of the top dermatology practices in the region. This year is not any different! 8 of our physicians made the Boston Magazine's 2015 Top Doctors in dermatology, a tribute to the quality and level of care we provide to each patient every day.



• Tune Into WBUR



SkinCare Physicians is proud to be the first dermatology practice to sponsor WBUR. Every year, we support many non-profit organizations. For 2016, we choose WBUR to spread the word about our practice while supporting a worthy cause. Stay tuned!

• Celebrating SCP's 15th Anniversary

2015 marked an important milestone for SkinCare Physicians... we celebrated the 15th anniversary of our practice! Through hard work, great collegiality, and an unbelievably skilled and dedicated team, SCP has blossomed from a small practice with just 14 employees in 2000 to over 95 employees today (including 14 dermatology providers).



We are grateful to all of you who have supported SCP and made our success and longevity possible.

Did You Know?

• Making A Difference In The Community



Throughout the year, the physicians and staff at SkinCare Physicians roll up their sleeves or put on their sports gear to make a difference in our community. Whether they organize a collection to donate to a cause close to their heart, participate in

an event raising thousands of dollars for medical research, or volunteer regularly at local charities, they have a wonderful charitable spirit! This year, they made a difference for BeLikeBrit, Inner City Weightlifting, Rosie's Place, Melanoma Foundation of New England, Dana Farber Cancer Institute, American Cancer Society, the BIDMC Cancer Center... to name a few!

• Breakthroughs Begin At SkinCare Research

What do *Thermage*, *BOTOX*, *miraDry*, *CoolSculpting*, *Fraxel*, *Pico laser*, *Cellfina* and *Kybella* have in common? All these cosmetic treatments, which are used daily in the best dermatology practices worldwide, were evaluated and tested in our clinical studies center and enhanced through our research efforts. Since its inception, our research group has performed over 50 studies, advancing the field of dermatology, skin surgery, laser and cosmetic treatments. SkinCare Research's amazing work boosts our ability to provide you with the best possible skin care!



• A Duo Passionate About Aesthetics

SkinCare Aesthetics welcomes Meredith Kiy to its team. Along with Joyce Pezzulo, a long time aesthetician at our practice, they form a duo passionate about skin health! They both have trained under the guidance of our dermatologists and are incredibly knowledgeable about our aesthetic treatments. A few patient favorites include the Clear+Brilliant laser, and several of the terrific chemical peels they offer. As a bonus, Meredith sees patients on Saturdays and some evenings!



As a bonus, Meredith sees patients on Saturdays and some evenings!

• Katie Brodt, FNP-BC Joins SkinCare Physicians



We are pleased to welcome Katie Brodt to the SCP family. Katie is a family nurse practitioner with nearly a decade of experience seeing adult and pediatric dermatology patients. Our goal at SCP is to schedule patients for appointments as rapidly as possible, and we already have some of the shortest wait times in the nation. As healthcare evolves, SCP is committed to staying ahead of the curve. Katie will significantly enhance our ability to continue to see patients in a timely fashion... and we know our patients will enjoy her skilled and compassionate care. Please help us welcome Katie to SCP!

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Our Mission

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. At SkinCare Physicians, we offer a broad range of treatments 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 | Boston University | Tufts University | Brown University



Dr. Kenneth
Arndt



Dr. Jeffrey
Dover



Dr. Michael
Kaminer



Dr. Robin
Travers



Dr. Thomas
Rohrer



Dr. Jeffrey
Sobell



Dr. Karen
Kim



Dr. Brooke
Sikora



Dr. Laurel
Morton



Dr. Tania
Phillips



Dr. Katrinka
Heher



Dr. Kay
Kane



Kelly
Buchanan,
PA-C



Kathleen
Brodt,
FNP-BC

Aestheticians | Blepharoplasty | Botox/Dysport/Xeomin | Fillers | Cellfina | CoolSculpting | Kybella | MiraDry | Liposonix | Fraxel laser | Clear + Brilliant | Pellevé
Glycolic acid chemical peels | Hair transplantation | Laser hair removal | Laser removal of red & brown spots | Laser resurfacing | Liposuction
Microdermabrasion | Mohs surgery | Pediatric, adult, and geriatric dermatology | Photorejuvenation | Restylane/Juvederm/Radiesse/Sculptra/Belotero/Voluma
Skin cancer surgery | Sclerotherapy | Tattoo removal | Thermage