



1244 Boylston Street, Chestnut Hill, MA 02467 | Phone: (617) 731-1600 | Fax: (617) 731-1601 | www.skincarephysicians.net



Fat Removal Just Got Easier!

With recent enhancements to the *CoolSculpting* procedure, non-surgical fat removal just got easier! The treatment now takes as little as 35 minutes, and discomfort has been reduced to near zero. Patients comment on how much better tolerated the procedure is, and how quick and easy *CoolSculpting* has become.



Before *CoolSculpting*



After *CoolSculpting*

Importantly, fat cells that are removed with *CoolSculpting* do not come back. To boost effectiveness, SkinCare Physicians helped develop the new *CoolAdvantage* technology, producing more precise and rapid cooling of fat. The benefit is consistent, reproducible, and effective fat reduction that is superior to anything we have had in the past.

We can treat nearly all areas of the body in a single session, and improvements are seen in as little as eight weeks. The outer thighs, abdomen, inner thighs, arms, knees, love handles, and neck can all be rapidly treated. Patients return to their normal activities immediately after treatment, and marvel as the results evolve over 2 to 3 months. For some patients, a repeat treatment can further enhance the outcome.

The staff at SkinCare Physicians is expert in analyzing body fat, and can help develop an appropriate, effective non-invasive *CoolSculpting* treatment plan. Ask us what the new *CoolAdvantage* technology can mean for you.

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A New Filler For Lips And Lines

The newest, FDA-approved, facial filler is now available. *Volbella*, made by the company that also makes *Juvéderm*, is designed to create fuller lips and to smooth wrinkles around the mouth. Its even texture is especially beneficial for treating fine lines, particularly those at the upper lip. *Volbella* is an excellent filler for those people who have always wanted fuller lips and patients who are hoping to decrease the appearance of aging skin.



Before



After

is long lasting. Because *Volbella* is combined with an anesthetic, the procedure is comfortable and very popular.

The beauty of *Volbella* lays in how it can be combined with other procedures so patients can obtain ideal results without having to undergo surgery.

Juvéderm, *Restylane* and *Sculptra* facial fillers can be added to *Volbella* treatments in order to correct deeper lines and folds as well as age-related facial volume loss. Furthermore, non-invasive procedures that promote collagen production such as microneedling or fractional lasers, can be used to amplify the benefit that *Volbella* provides for improving fine lines. Our skilled physicians take advantage of these benefits of *Volbella* and can identify the best combination of treatments for you!

Tighten Your Turkey Neck



Before

After

Courtesy of Sarah Mess, MD

Infini is an innovative technology that delivers heat to your skin's collagen through tiny insulated needles. By warming the skin, *Infini* causes collagen contraction and skin tightening that dramatically

improves the appearance of sagging skin at the neck and jowls. It has also been shown to improve the appearance of facial acne scars. By using a topical anesthetic gel, we are able to make this procedure very comfortable for patients. Following just two monthly treatments, patients see improvement within months and obtain results that are long lasting.

Troublesome Lip Lines Treated In Minutes



Microneedling is a brand new tool in our physicians' arsenal. It can be used to treat fine lines on virtually any part of the face and is especially useful for improving vertical lines at the upper and lower lip and superficial scars. Far

stronger than any at-home device, it works by using multiple tiny needles to create microscopic holes that promote collagen and elastin production. Patients see best results with a series of three monthly treatments that have minimal down time. This procedure is safe for all skin types and takes only minutes.

Sweat Be Gone ... And Odor Too!



Skincare Physicians was the original developer of the *Miradry* technology for underarm sweat reduction. Results last for years, and now we have evidence that odor can be eliminated too. In as little as one short 60 minute treatment session, success is seen in over 95% of patients, and recovery is rapid. Research initially developed here in Boston has been extended further with

work in Japan. The conclusions are staggering, changing the lives of patients who suffer from excessive underarm sweat and odor. If you or someone you know suffers with sweating, help is much easier than you may think, and the impact lifelong.

Facelift Without Surgery ... Really?

Yes, it's true that we can create facelift like results without surgery. The new *InstaLift* thread procedure allows our physicians to lift skin of the cheeks and jawline without stitches or incisions. This 45 minute outpatient procedure is performed by our skilled physicians to restore youthful contours to the cheeks, jawline, and upper neck. Recovery is rapid, and results nearly immediate. When combined with other procedures such as fillers and *Botox*, the results can be astounding. Ask us if *InstaLift* may be an effective part of your overall treatment strategy.



Hot Topics

• Bye Bye Cellulite!

It looks like we may have finally found the cure for cellulite. *Cellfina*, a novel procedure developed at SkinCare Physicians, has been proven to eliminate cellulite in over 99% of patients treated. These impressive results last at least 3 to 5 years, and as you can imagine patients are thrilled.



Before

After

Dimples on the buttocks and outer thighs respond beautifully, and in some cases the front of the thighs can be treated as well. Our dermatologists are respected pioneers and leaders in the development of *Cellfina*, and are teaching physicians from around the world the effective cellulite-eliminating techniques they have developed. *Cellfina* only takes an hour, but the results will be with you for years. Come see if *Cellfina* is right for you!

• Laser Technology Takes A Quantum Leap Forward



Before



After

The *Enlighten* laser has arrived at SCP. Using picosecond technology, this next generation device is superb at treating difficult tattoos, as well as brown spots on the skin. The capabilities of the *Enlighten* laser significantly expand our physicians' abilities to treat pigmented lesions on the skin both rapidly and safely. Our doctors are also involved in cutting edge clinical research to further expand the capabilities of this exciting new laser technology. It is

now easier than you may think to remove brown spots or unwanted tattoos. Even tattoos that have not completely resolved with other laser treatments may respond to this laser. Ask us if the *Enlighten* laser can help improve your skin.

• Teen Acne: Your Child Is Not Alone



Most teenagers develop some degree of acne. For many, it is a mild annoyance but for others, it can severely impact self-esteem and social interactions. So, what should parents do to combat this common conundrum? A good place to start is encouraging your teen to develop a daily routine

for skin hygiene that includes gentle face washing in the morning and evening. In addition, over-the-counter creams and washes that contain salicylic acid or benzoyl peroxide are proven treatments for acne. When this regimen is not enough, dermatologists, including the physicians at SkinCare Physicians, can be an excellent resource for prescription treatments including topical and oral medications. At times, we may also recommend laser and energy-based device options. In almost every case of teenage acne, clear skin is attainable.

In The News

• The ABCDEs Of Melanoma

You may be able to help identify the worrisome skin cancer, melanoma, before it has the chance to grow large or spread by performing self skin exams at home. If you identify any of the following features in one of your moles, it may be worth a trip to the dermatologist for a full skin exam and evaluation of any concerning growths.



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- A: Assymetry - the shape of one half of the mole does not match the other
- B: Border - irregular or ragged borders
- C: Color - multiple shades of brown and black or white, gray, blue or red colors
- D: Diameter - melanomas are usually larger than 6mm [1/4 inch]
- E: Evolution - melanoma usually shows signs of change months prior to diagnosis

• A Long Time Commitment To Teaching



Have you ever wondered why you regularly meet new dermatologists at our practice? It's because our internationally recognized physicians have a love for teaching. Mentorship is one of the most important and rewarding parts of what we do at SkinCare Physicians, along with superb patient care and clinical research. Each year, three new fellows, already Board Certified dermatologists, work along with us helping to take care of patients, participating in research studies, and being involved with academic projects. Over the years, we have trained over 55 fellows, who now practice around the U.S. and overseas. The lifetime relationships we have developed with them are invaluable.

• Your Skin Care Is In Expert Hands

New year, new Boston Magazine's Top Docs list, but one constant...an astounding 8 SkinCare Physicians' dermatologists were selected again as 2016 Boston's Top Doctors! Over the last 7 years our physicians were named a combined 56 times, demonstrating our continued commitment to bring the most comprehensive and highest quality dermatology care to our patients each and every day.



• Psoriasis Breakthrough Alert



Suffering from psoriasis? Researchers at SCP have been instrumental in the development of several groundbreaking medications to treat this disease. Recently approved topicals, pills and injections have revolutionized the approach to finding solutions for all of those with psoriasis. The future is now; come in and discuss with one our specialists what is now possible.

Did You Know?

• SkinCare Boutique: Making Home Skin Routines Easier

With our new, elegant SkinCare Boutique, we now bring patients a complete skin care experience, from advice and treatments in our office, to safe and effective products for daily skin care regimens at home. Whether from our own SkinCare Prescription line, or from Dermalogica, La Roche-Posay, SkinCeuticals or SkinMedica, each product has been carefully handpicked by our expert physicians and actually works! Next time you visit us, stop by SkinCare Boutique, conveniently located in our recently renovated Suite 302. Our trained staff can educate you on how to improve your skin care routine at home, and help you find the right products for your skin.



• A Charitable Spirit



Fostering goodwill and engaging with our community have long been part of SkinCare Physicians' culture. From practice-wide fundraising efforts and skin cancer prevention events, to individual charitable involvements, our compassionate physicians and staff regularly donate their time and talents to a variety of worthy causes. This year they gave back to Birthday Wishes, Gift-A-Vet, Greater Boston Stand Down, Rosie's Place, Brighton's Edison K8 School, food pantries, Melanoma Foundation of New England, Dana-Farber Cancer Institute, and BIDMC Cancer Center among others.

• Instant Way To Smooth Skin!

Dermaplaning is one of those facial treatments that provides instant gratification. It is a simple and safe manual skin exfoliation technique that very gently removes dead skin surface debris and facial peach fuzz, leaving the skin smooth and vibrant. It also prepares the skin for further rejuvenating procedures using lasers. SkinCare Aesthetics now offers two dermaplaning treatments that are becoming patients' favorites. Whether you want an effortless solution to your peach fuzz, instantly smoother skin, or a stepping stone to a skin rejuvenation program, consider trying a dermaplaning treatment.



• SCP Research Division Hits Its Stride

The robust SkinCare Research group at SCP has been busy in 2016. Numerous clinical trials, including those on novel fillers, lasers, tattoo treatments, and fat reduction have all kept the staff quite busy. The research team at SCP has been involved with developing many of the industry leading technologies that now help our patients on a daily basis, such as *Thermage*, *Restylane*, *Juvederm*, *Botox*, *Dysport*, *MiraDry*, and *Cellfina*. The clinical studies done at SkinCare Research remain central to the advancement of the dermatology and cosmetic surgery field. If you are interested in participating in one of our clinical trials, please give SkinCare Research a call at 617-848-1638.



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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 | Infini | Fraxel laser | Clear + Brilliant | Pellevé
Glycolic acid chemical peels | Microneedling | 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/Volbella
Skin cancer surgery | Sclerotherapy | Tattoo removal | Thermage