

# SKINCARE PHYSICIANS®

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## Get Fuller, Thicker Hair With PRP

Treating hair loss has been a challenge for decades. Many men and women struggle with vitamins, lotions, lasers, and shampoos, often with limited success. Hair transplantation is the exception and gives beautiful results, but it isn't for everyone. Fortunately, a new technique called PRP (platelet rich plasma) is changing the way our dermatologists treat hair loss in men and women.

Used for over a decade in orthopedics to enhance healing after surgery and

injuries, PRP also helps to encourage regrowth and thickening of hair by stimulating resting hair follicles. The platelets found in blood plasma contain high levels of growth factors, which are messengers that tell our cells to function optimally.

The process is simple, safe and quick. To obtain PRP, a small sample of the patient's blood is drawn and separated in a special centrifuge. The platelets can then be collected and injected into the patient's area of thinning hair with virtually no risk of allergic reactions. Each session lasts about 30 minutes and occurs on a monthly basis for the first three months. Then, we recommend a treatment every three months for another nine months to maintain and boost new hair growth, followed by annual maintenance injections. Patients retain their new hair for as



*Photos courtesy of Shilpi Khetarpal, M.D.*



**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.**

long as they continue with the PRP program, which is remarkable. Don't let thinning hair get you down. We now have a natural, non-invasive solution to get thicker and fuller hair again. Book a consultation to see if PRP is for you.

## Frozen Is Out, Natural Is In... The New Botox

A quiet revolution is changing the world of Botox treatments, and SkinCare Physicians is at the forefront of this exciting change. Frozen is out... natural is in!

We have all seen the over-filled, over-Botoxed celebrities on TV, but those days are a thing of the past in New England. At SkinCare Physicians we simply prefer the natural look, and know how to achieve it for all of our patients. Colleagues around the country refer to it as the "Boston Strategy", and many have adopted it because our technique works. The strategy is to simply relax wrinkles in a targeted way, rather than freezing the face to attain a wrinkle-free but completely unnatural appearance. Our physicians have written scientific articles and lectured extensively about the optimal use of Botox and similar products, Dysport and Xeomin, with an emphasis on achieving natural results. Wrinkles of the forehead,



around the eyes, and between the eyebrows can be gently smoothed away. The neck can be treated to improve the appearance of muscular bands, sagging skin, and prominent jowls. With the proper expertise, upper lip lines can also be improved with Botox. Importantly, when using our techniques results usually last as long as 4-6 months, which is longer than the national average of 3-4 months. When combined with carefully placed fillers to the mid and lower face, our expert injectors achieve truly remarkable results.

For most patients, we can prevent fine lines and wrinkles from forming, and in almost all individuals we can soften or eliminate lines that have already formed. Other complementary procedures that are popular with our patients include Fraxel and Thermage, which address skin texture and laxity. So ask us about how a combination of these treatments might help you enjoy a natural, youthful appearance.

# What's Hot at SkinCare Physicians

## Better Skin Tightening With The New Thermage FLX

SkinCare Physicians was one of the first two practices in the world to acquire the new Thermage FLX device, and was the first practice in the world to perform Thermage back in 2000. The enhanced capabilities of the updated FLX skin tightening technology allows us to deliver more precise, predictable, and superior results as compared to previous generations of Thermage. Our patients have

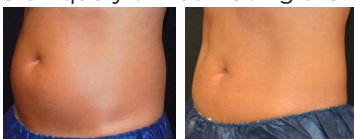


*Photos courtesy of Ivan Rosales, M.D.*

come to love both the preventive and skin tightening effects of Thermage over the past two decades, and the new Thermage FLX technology allows us to add significant benefits to what was already a successful skin tightening program. The treatment takes less than forty-five minutes and is performed by our skilled Thermage nurses. We are able to tighten skin predictably on the face, jawline, and neck, with more than 95% of patients achieving noticeable results. The new FLX platform also allows us to treat other areas of the body including the abdomen, arms, and thighs. There is zero recovery, and results are seen in as little as two weeks. Please ask your provider what the exciting Thermage FLX technology can do for you.

## Enhanced Fat Removal Technology

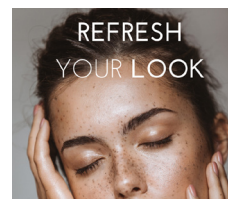
SkinCare Physicians has pioneered the art of body-shaping with CoolSculpting for nearly 10 years, and the results are better than ever. Areas of fat on the abdomen, hips, love handles, arms, chin, and thighs can be successfully treated in just a few comfortable sessions. A key ingredient to success is properly evaluating these areas of fat, and determining which will respond optimally. This is an important part of the procedure, and is what makes our team of experts so uniquely skilled. Using the enhanced CoolAdvantage technology, we can help you achieve results that are better than ever without surgery.



*Photos courtesy of David Carfagno, D.O.*

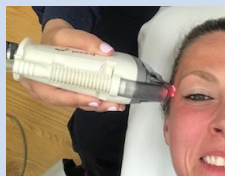
## PicoToning: One Laser To Improve Skin Texture And Color

PicoToning can now improve both skin tone and discoloration with minimal downtime. The procedure uses a special setting on the PicoSure laser and is safe for most skin types. PicoToning improves discoloration and stimulates collagen production. It also helps to smooth divots and depressions, and therefore is an effective treatment for mild to moderate acne scarring. PicoToning is uniquely suited for individuals who are hoping for less downtime after a laser procedure. The comfortable 15-minute treatment leaves the skin pink for approximately 2 days. Best results are seen after a series of 3-6 sessions. PicoToning is an excellent choice for individuals with busy schedules who want to improve brown spots, skin texture and stubborn acne scars.



## Fraxel Quick Recovery: A New Favorite

Over the past year, Fraxel Quick Recovery (FQR) has quickly become one of the most popular laser procedures at SkinCare Physicians. FQR is particularly useful for treating sunspots, and terrific at improving skin texture and color, as well as preventing fine lines and aging. FQR utilizes our Fraxel Dual laser, which has been a workhorse for treating aging skin and acne scarring for many years. During an FQR session, trained SkinCare Physicians nurses apply gentle laser energy so that the procedure is more comfortable for patients and the downtime is shorter – usually 24-48 hours – as compared to our classic Fraxel sessions. Quick recovery and superb efficacy make FQR an ideal laser procedure for patients who need to go back to their activities quickly. Please ask if FQR might address your skin concerns.



## Filler Versatility: From Lips To Cheeks To Earlobes !

Soft tissue fillers such as Restylane, Juvéderm and Belotero allow us to improve aging skin, carefully enhancing appearance with a simple procedure. Frequently, patients come to us with a specific problem. Perhaps they desire fuller lips, softer nasolabial folds or more subtle marionette lines. We can successfully tackle these concerns since fillers are extremely versatile. We can also recommend further facial enhancements that patients may not have considered. For instance, we can conservatively replace volume loss in cheeks and jawlines to give the face a more youthful profile. Fillers may also help repair earlobes that no longer hold earrings upright by firming up the piercing hole and strengthening the lobe. We encourage you to come discuss any cosmetic concerns, as we often have an innovative, non-invasive method to address even the trickiest of aesthetic worries.



# The Bulletin Board

## Skin Cancer: Limit Your Risks

Every year in the U.S. more people are diagnosed with skin cancer than all other types of cancer combined. Skin cancer has become a significant public health concern that is relevant for 1 in 5 Americans by the age of 70. Luckily, you



can decrease your risk of developing melanoma and non-melanoma skin cancers by protecting your skin from harmful UV rays through broad spectrum sunscreen, clothing

with UPF rating and broad brimmed hats. Remember that sunscreen lasts only 1-2 hours and should be re-applied frequently. Finally, schedule an annual visit for a full skin exam with one of our qualified providers to assess your skin cancer risk.

## Not Your Ordinary Dermatology Practice

As a patient of SkinCare Physicians, you can be assured that you are receiving the absolute highest standard of



care with the most state-of-the-art technology available in the country. Year after year, for over a decade now, the majority of our dermatologists are consistently recognized by their

peers as among the best in Boston. Again this year, an astounding 10 of our physicians made Boston Magazine's 2018 Top Doctors list! Come and experience the difference whether you have a medical or an aesthetic skin concern.

## SkinCare Research At Its Finest

This has been the busiest year yet for SkinCare Research. Our staff moved into a renovated suite and orchestrated more clinical studies under the guidance of our physicians than ever before. We investigated new soft tissue



fillers, neurotoxins, procedures for excess fat and cellulite, microneedling

for wrinkles, lasers for tattoo removal, and treatments for rosacea, warts and seborrheic keratoses. SkinCare Physicians is proud of its nearly 20 years of research contribution to dermatology and cosmetic medicine, and is excited to see its ongoing impact in the field of dermatology.

## The New Buzz In Aesthetics: Hydrafacial

Hydrafacial is a relaxing, painless facial treatment that delivers instant gratification in a 30 or 60 minute session with no downtime. It uses a patented technology that removes dead skin cells and extracts impurities while simultaneously infusing the new skin

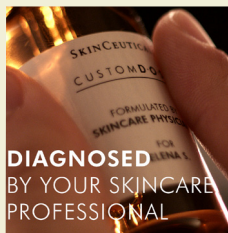


with hydrating and moisturizing serums as well as customized boosters tailored to meet your needs. The non-

irritating procedure leaves the skin clearer, quenched and radiant. Frequent treatments help restore skin health and improve the appearance of fine lines, wrinkles, oily skin, and pigmentation. It is suitable for all skin types and ages. Schedule a Hydrafacial with one of our skilled aestheticians and enjoy the soothing experience.

## Customized Skin Care, Maximum Results

Have you ever dreamed of an all-in-one serum designed for your unique skin concerns? It is now possible with Custom D.O.S.E, a revolutionary



technology developed by L'Oréal in conjunction with our dermatologists. During your visit at SkinCare Physicians, your provider will guide you through a series of questions and evaluate your skin's needs and goals. This assessment will be fed to the Custom D.O.S.E machine which will precisely mix the perfect serum formula from a wide selection of proven brightening and anti-aging ingredients. Your made-to-order skin serum will be ready on the spot with your name, the ingredients and a customized ID for refills. What are you waiting for to try it?

## Growing Again!

A BIG thank you to all of our loyal patients! It is because of your continued support that SkinCare Physicians is adding new facilities to make your experience with us even better. We

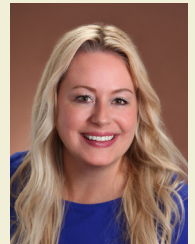


recently opened a new innovative SkinCare Research suite, where we perform some of the world's

most exciting cosmetic and medical dermatology clinical trials. Our cutting-edge aesthetic treatment suite will open in early 2019, which will enable us to deliver the superb care for which we are known in a stunning new environment. Please come visit.

## A Nurse's New Career Path

Colleen Gaffney, one of our long-time, valued registered nurses, is stepping up to a new role. After obtaining her Master of Science in Nursing and receiving further expert training with our dermatologists, she now practices as a certified Nurse Practitioner (FNP), in Dermatology. Colleen has extensive experience in CoolSculpting, Thermage and miraDry, and is skilled in all aspects of dermatology. You will enjoy her thorough and compassionate dermatology care.



## Taking Pride In Our Community

Each year, the staff at SkinCare Physicians participates in activities that benefit our community. This year, we arranged a school supply drive for School on Wheels of Massachusetts, a holiday gift drive to benefit local low income and homeless children, and a toy drive for Birthday Wishes. Also, some of our physicians volunteer their time to Impact Melanoma, an important organization whose mission is to educate the public about skin cancer and skin cancer prevention. All of us take pride in helping our community.





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Dr. Karen  
Kim



Dr. Brooke  
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Dr. Laurel  
Morton



Dr. Tania  
Phillips



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Heher



Dr. Kay  
Kane



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PA-C



Kathleen  
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# SKINCARE PHYSICIANS®

## 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.

## 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, and Brown University.



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Keep up with the latest updates all year long: <https://www.skincarephysicians.net/BLOG>

Aestheticians • Blepharoplasty • Botox/Dysport/Xeomin • Cellfina • CoolSculpting • Clear + Brilliant • Fillers • Fraxel laser • Glycolic acid chemical peels  
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adult, and geriatric dermatology • Microneedling • Pelleve • Photorejuvenation • PRP • Restylane/Juvéderm/Radiesse/Sculptra/Belotero/Voluma/Volbella  
Sclerotherapy • Skin cancer surgery • Tattoo removal • Thermage