

# SKINCARE PHYSICIANS®

Volume 17, Issue 1, 2020

## New Fillers: Beautiful Results Made Easier

Just when you thought the world of fillers had reached its peak, several exciting new materials are poised to hit the market. These new fillers, combined with the superb array of fillers currently available, give our expert injectors a host of options to create optimal results.

The most popular families of products include Restylane, Juvéderm, Sculptra, and Belotero. We can shape the cheeks, jawline, chin, and lips, as well as smooth wrinkles and scars. As

filler techniques have evolved, so too has our ability to create beautiful results. By appropriately filling the cheeks, temples, and jawline, we can create more youthful contours that fit your natural anatomy. It is this ability to custom fit to each individual patient that sets our physicians apart from other injectors. Importantly, we use tried-and-true techniques to ensure that you look natural following treatment. Many of us have seen celebrities, and even family or friends, who look a little “over done”. Our physicians have decades of experience, and can reproducibly create beautiful outcomes. Results usually last a year or more, and patients enjoy the quick recovery and relative ease of these procedures. As some of these exciting new products come to market, our physicians are poised to help create even better results for our patients. Stay tuned!



*Photos courtesy of Allergan*



When we founded SkinCare Physicians 20 years ago, our aim was to establish an academic private practice that combined state-of-the-art medical care, dermatologic and laser surgery, oncologic and Mohs surgery, teaching, training, and clinical research. Our vision was to deliver a broad range of diagnostic services and therapeutic procedures, with exceptional skill and care. Today, our dermatologists are recognized leaders in dermatology both nationally and internationally, and our practice has grown to be known for its unique quality and notable accomplishments, all thanks to the support of our community and the dedication of everyone at SkinCare Physicians. To another 20 years!

## Hair Loss Is Now Treatable: PRP And Beyond

At SkinCare Physicians, we finally have effective solutions for hair loss. Thinning hair is a common and often embarrassing problem for both men and women. It can cause self-consciousness about appearance, or worry that hair loss is a sign of a more significant medical concern. Fortunately, there are effective interventions for many cases of hair loss, and our dermatologists are uniquely trained to evaluate and treat this condition. In fact, with the introduction of Platelet Rich Plasma (PRP), SkinCare Physicians has developed an intensive hair restoration program to help solve the problem of hair loss.

Patients begin the process having a medical consultation with a provider who assesses and diagnoses their type of hair loss, and decides whether further evaluation or testing is necessary. The most common type of hair loss, male and female patterned baldness, can usually be diagnosed



by visual evaluation alone. For some patients topical or oral medications are sufficient. However, our newest solution, PRP injections, has significantly enhanced our ability to treat hair loss. This simple 30 minute procedure (usually performed in a series of treatments) has been dramatically successful for our patients and has helped to regrow hair in up to 70-80% of cases. The

providers at SkinCare Physicians are also able to make recommendations about nutritional supplements, which can help make the hair thicker and healthier, and enhance PRP results.

At times, hair transplantation, a surgical intervention that we offer at SkinCare Physicians, may be an ideal long-term option for patients. If hair thinning is an issue you've been waiting to address, we can help. Please call our office for a medical consultation. You'll be glad you did.

# What's Hot at SkinCare Physicians

## A Unique Spa Concept In Skin Care

SkinCare Physicians' *Advanced Dermatology Spa™* is now a reality! This brand new space combines the luxury of a spa with state-of-the-art technology, and the knowledge and expertise of our dermatologists. We created this unique skin care environment in response to the expectations of our patients who longed for the relaxing,



luxurious experience of a spa-like treatment in a medical setting. Our *Advanced Dermatology Spa™* has three trained medical aestheticians who provide the best, most advanced aesthetic

treatments, as well as hand-picked skilled nurses who perform procedures such as CoolSculpting, Thermage, Fraxel, laser hair removal, and miraDry. Our expert dermatologists will first evaluate your skin and help develop the best treatment plan to meet your goals. Our entire staff is also highly knowledgeable about skin care products, which complement our in-office treatments. For your convenience, our favorite products from partnering brands such as SkinCeuticals, SkinMedica, SkinBetter Science, SkinCare Prescription, Dermalogica, and many more, are available in our spa, including the cutting-edge made-to-order SkinCeuticals Custom D.O.S.E serum. Come visit the only *Advanced Dermatology Spa™* in the country and experience the difference.

## FQR, Our Fastest Growing Laser

Fraxel Quick Recovery (FQR) has become one of the most popular laser procedures at SkinCare Physicians because of its short down time and consistent results. Just like the classic Fraxel laser, FQR can dramatically improve discoloration and sun spots, resulting in a smoother skin tone after 2-4 monthly treatment sessions. For the FQR protocol, we have carefully modified the treatment settings so that patients experience only 2-3 days of pink, dry skin, which is about half the length of recovery for a classic Fraxel treatment. This is an excellent option for patients with busy schedules and for those hoping to maintain an even skin complexion.



## The Power Of Thermage Skin Tightening: From Face To Body

Thermage is the number one way to firm, shape, and tighten skin on the face and body. The procedure is comfortable, takes approximately 45 minutes, and has zero recovery. Last year, we introduced the exciting new Thermage FLX platform. Patients are incredibly satisfied, and the quality of results is better than ever. The cheeks, jawline, and neck look firmer and smoother, and treatments repeated at 1-2 year intervals help maintain and enhance results. Because of our success with Thermage on the face, we have embarked on an ambitious research protocol to investigate enhanced ways to treat the abdomen, arms, and thighs. That research is ongoing, so stay tuned!



## From Fat Removal To Muscle Toning

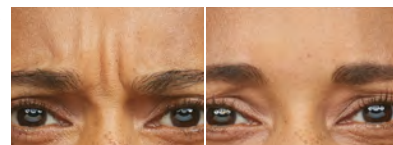
With nearly 10,000 CoolSculpting treatments under its belt, SkinCare Physicians is a recognized leader in non-surgical fat removal. Love handles, arms, abdomen, chin, and even the thighs can be slimmed and sculpted in a comfortable 35-45 minute procedure. Most patients achieve the shape they are looking for in 1-2 treatment sessions, spaced about 3-4 months apart... and the results are permanent! Our physicians are experts in determining whether you are a candidate, and importantly choosing the optimal treatment program for your specific body shape. This critical step in the treatment process helps our patients achieve the best results possible. We are also excited to introduce muscle sculpting and toning. This novel technology uses rapid muscle stimulation to firm and strengthen the abdomen, buttocks, thighs and core. Ultimately, patients look trimmer.



Muscle toning photos courtesy of Dr. David Rapaport

## Not Your Grandmother's Botox

Botulinum toxin injections remain THE aesthetic treatment of choice for unwanted lines and wrinkles due to muscle movements on the forehead, between the brows, and around the eyes. They are also incredibly effective at preventing the progression of new wrinkles over time. New advanced injection techniques enable our physicians to create beautiful results where patients look naturally expressive, and to treat unique concerns such as a gummy smile and droopy corners of the mouth. While Botox was the first neuromodulator available, we now have the choice of new, similar products. Our practice has been at the forefront of using Dysport, Xeomin and the latest neuromodulator, Jeuveau, with terrific success. Visit SkinCare Physicians to learn how these neurotoxins can easily help you look younger in a natural way.



Patient at max. frown - Photos courtesy of Evolus



# The Bulletin Board

## An Outstanding Team Led By Top Doctors

Boston Magazine's 2020 'Top Doctors' list includes a remarkable nine of our physicians. All of them are dedicated to their patients, and devote their time and talents to scientifically advance specific areas of dermatology and skin care. We are delighted that so many of our doctors are recognized by their peers year after year. We are also proud of SkinCare Physicians' entire team which makes this recognition possible. Together, we work toward the common goal of providing exceptional care to our patients.



## Leading The Way In Research

SkinCare Physicians is an acknowledged leader in the field of dermatology and cosmetic research. We perform an average of twenty clinical trials annually, and publish numerous studies in leading medical journals. We are



currently investigating new filler materials, cellulite treatments, neurotoxins, and a host of innovative treatments that will improve the care that we can provide to our patients. If you are interested in becoming part of our research patient base, please call us at 617-264-1822.

## @SkinCarePhysicians

A lot is going on in the rapidly evolving world of dermatology, cosmetic and laser surgery. To be in the know, follow and engage with a trusted source on social media: SkinCare Physicians! Our dermatologists, who are acknowledged leaders, experts, and researchers keep our Facebook and Instagram feeds carefully curated. They bring you the latest news on procedures, treatments, and skin care products, as well as behind-the-scenes footage, and more on our Stories. Consider our social media channels your gateway to staying abreast. #TrustYourSCP Derm #SCP Derm On Social



## Should I Use Sunscreen?

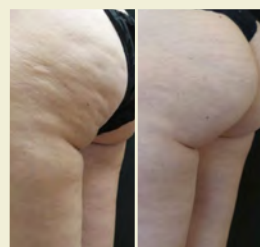
Every year in the U.S. more people are diagnosed with skin cancer than all other types of cancer combined. Skin cancer has become a significant public health concern that is relevant for 1 in 5 Americans by the age of 70. Luckily, you can decrease your risk of developing melanoma and non-melanoma skin cancers by protecting your skin from harmful UV rays through



broad spectrum sunscreen, clothing with UPF rating, and broad brimmed hats. Remember that sunscreen protection 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.

## Next Generation Of Cellulite Treatments Underway

SkinCare Physicians has become one of the epicenters of cellulite research in the United States. We were the original developers of the Cellfina technology, and continue to actively perform research into the cause and treatment of cellulite.



We can treat troublesome dimples on the outer thighs and buttocks, and with some of the newer technologies we expect to be able to treat the vast majority of cellulite. Our team is currently working with several companies to bring new promising cellulite treatments to our patients. Two are just around the corner! Stay tuned as we continue to lead the way.

## A Gentle Laser To Refresh Your Skin

The aestheticians at SkinCare Physicians *Advanced Dermatology Spa™* love the versatility of the Clear + Brilliant (C + B) laser. It is an extremely gentle yet effective procedure to improve the appearance of fine lines, pore size and overall skin tone and texture. Our aestheticians also use C + B to reduce

brown discoloration from sun damage, and melasma, which is a notoriously difficult condition to treat. Another



benefit... the procedure only causes mild redness for 1-2 days. Results are best with a series

of 2-4 monthly sessions, followed by maintenance treatments. If you are looking to refresh your skin with minimal down time, C + B may be the perfect treatment for you.

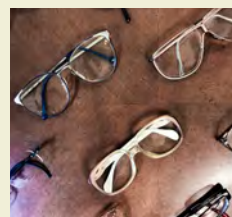
## Welcoming Drs. Christman And Kandula

We are delighted that Mitalee Christman, MD and Prasanthi Kandula, MD have joined our practice as highly skilled medical dermatologists and cosmetic/dermatologic surgeons. Following their dermatology residencies, both were American Society of Dermatologic Surgery Cosmetic and Laser Fellows, Dr. Mitalee Christman at Laser & Skin Surgery Center of New York, and Dr. Prasanthi Kandula at SkinCare Physicians for the past year. They are excellent physicians who bring exciting new techniques and skills to our SkinCare Physicians team. You will enjoy seeing them.



## Empowering Staff To Lead Charitable Actions

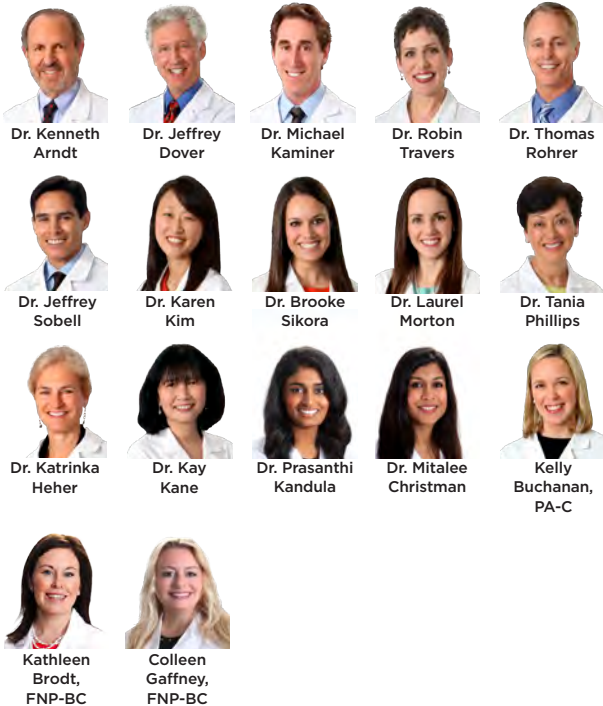
Charitable engagements are part of the caring culture at SkinCare Physicians. We especially love when our staff leads the charge to help our community. New



this year was the initiative of one of our employees who championed a very successful collection of used eyeglasses for those in need. Our staff also works as a team to select an organization to which we donate a portion of product sale proceeds as part of our philanthropy goals. The most recent recipient was the *Pulmonary Fibrosis Foundation*. These actions add to the long list of regular acts of kindness from our team members.

# SKINCARE PHYSICIANS®

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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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