

# SKINCARE PHYSICIANS®

Volume 18 Issue 2, 2021

## Turn Back Damage From The Summer Sun

New England summers are beautiful, but our skin suffers damage after months in the sun. Even after protecting it with high-quality sunscreens, hats and UPF gear, UV light still leaves its mark behind. Autumn is an excellent time to begin restoring the skin's even tone and brightness.

Perhaps the most common, distressing consequence from sun exposure is the collection of brown sun spots and uneven skin color, which is particularly evident at the face, neck and chest. Fortunately, our lasers and light devices are reliably effective at improving them,



and there are multiple treatment options which we can tailor to an individual's goals. Our most popular treatment protocol is the Fraxel Quick Recovery. It is a modified use of the Fraxel Dual laser that consists of a series of treatments with minimal down time and consistent results. Many patients have found that beginning these treatments in the fall is an excellent way to prepare your skin for the holiday season and upcoming new year.

Your skin may also feel dry, damaged and aged after experiencing the summer sun. Incorporating appropriate aesthetic treatments and a targeted at-home skin care routine improves skin quality. Our physicians can help you identify the best treatments or products to ease the marks of the summer sun and re-hydrate your skin.

Autumn is also a perfect time to begin laser treatment for many other skin concerns including: fine lines and wrinkles, rosacea, acne scarring, tattoo removal and laser hair removal. Indeed, summer tans are starting to fade by September and many of our



**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.**

lasers are safest to use when the skin is not tanned. It is usually ideal to avoid sun exposure immediately after a treatment as well. Don't delay, take the first step this fall by seeking one of our dermatologists' opinions. We will recommend an effective treatment strategy for your nagging skin concern and devise an approach that suits your expectations and lifestyle.

## "Zoom Face"... The Post Pandemic Fix

What is "Zoom Face"? During the pandemic, many of us spent too many hours in front of computer screens working, socializing, and trying to have some semblance of normalcy. While that was difficult, it was compounded by staring at ourselves for hours on end. It was only natural to notice aspects of our facial features that we might want to tweak or improve. The result of these Zoom-related revelations is what many of our patients have been calling "Zoom Face"!

Whether it is a slightly sagging jawline or jowl, a prominent nasolabial fold, wrinkles between the brows, some crow's feet, or uneven pigmentation, many of our patients have asked for solutions to these nagging issues. Fortunately, we have a wide variety of safe and highly effective solutions for just about everything our patients are seeing on Zoom.



Thermage has been quite popular as we evolve from the pandemic, helping to improve and contour the jawline, while also preventing future sagging of the cheeks, jowls, and neck. Fraxel is a game-changing laser treatment to improve pigmentation, and erase sun damage and skin imperfections. Injectables such as hyaluronic acid fillers (Restylane, Juvéderm, Teoxane) and neurotoxins (Botox, Dysport) can quite literally erase aging signs in a matter of minutes. Our physicians often recommend these products and procedures in combination, to allow us to produce the most natural yet effective outcomes. This is at the heart of the SkinCare Physicians expertise... creating beautiful yet subtle results.

Our staff would be happy to answer any questions you might have about tackling and improving "Zoom Face".

# What's Hot at SkinCare Physicians

## 98% Success With Thermage

Thermage was originally developed at SkinCare Physicians 20 years ago, and has stood the test of time as the leading skin tightening treatment not only at our office, but also across the nation. The newer Thermage FLX technology

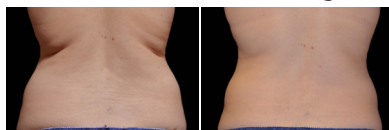


developed over the past few years has significantly enhanced both efficacy and the patient experience. This 45-minute procedure produces a firmer jawline and a tighter, more shapely neck with zero recovery time. Repeated approximately every 1-2 years, patients also enjoy the

preventive benefits of Thermage skin tightening. 98% of patients achieve success with Thermage, seeing an improvement in shape and tightening, as well as holding back the aging process by producing better collagen and elastic tissue to keep the skin firm and smooth for years. Thermage can also be used on the abdomen, thighs, and arms to add firmness and improve shape in selected patients. The key differences with Thermage at SkinCare Physicians, as compared to other practices, are the new FLX technology and the decades of experience we have developing the nation's leading Thermage algorithm to ensure success. We have robust COVID protocols in place to ensure a safe experience, and will be delighted to answer your questions about our skin tightening program.

## Better At Fat Reduction: CoolSculpting

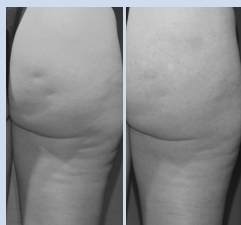
Since its introduction over a decade ago, CoolSculpting has become SkinCare Physicians' non-surgical treatment of choice for patients with unwanted pockets of fat. It is an increasingly versatile device which successfully treats the abdomen, love handles, bra fat, upper arms, inner and outer thighs, and under the chin. Up to 20-25% of the fatty layer can be treated with each session. Consider using CoolSculpting as a way to jump start your plans to obtain your desired body shape. The newest techniques are even more efficient and effective, using two applicators to treat twice the amount of fat at the same time. Come visit us if you are wondering if CoolSculpting can help with your bulge.



*Photos courtesy of Bodify & Steven Sorr, NMD*

## Say Bye To Virtually Any Type Of Cellulite

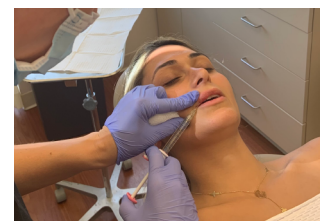
SkinCare Physicians is the epicenter for cellulite innovation and research. While a few years ago nothing truly worked for cellulite, today we have four FDA-approved, effective treatments to smooth your dimples. Cellfina was the first to target the primary cause of cellulite: the thin collagen bands that pull the skin downwards (fibrous septae). Cellfina produces long lasting results through minimally invasive cutting of the strands. Recent additions are Qwo and Resonic, both studied extensively at our practice. While Qwo uses a safe, injectable medication to gently break down the cellulite bands, Resonic utilizes sound waves for a non-invasive, painless treatment with zero recovery. Sculptra, the incredibly safe injectable filler, is another treatment that improves challenging cellulite dimples and creates smooth contours of the buttocks and thighs. Because not all dimples are the same, our dermatologists may use these reliable treatments alone or in combination. For optimal results, come visit us.



*Photos courtesy of Soliton*

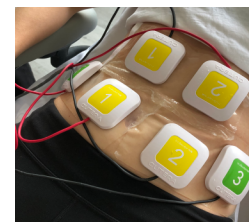
## Soft Tissue Fillers: Our Philosophy

Soft tissue fillers are an essential aesthetic tool at our disposal, with a wide variety of applications. Products such as Juvéderm and Restylane, which are made of a hyaluronic acid gel, allow our physicians to safely and subtly augment and restore many facial features and improve volume loss, folds and fine lines. Over the years, our cosmetic dermatologists have honed their skill and expertise to produce consistent, tasteful results. The goal has always been to address a patient's concern while maintaining a rejuvenated, yet natural look. We want our patients to look like their best selves without feeling self-conscious about their appearance and have recently added the new RHA Collection of dermal fillers. This is a beautiful line of hyaluronic acid products specifically designed to have a natural appearance when the face is in motion (smiling or speaking). Our physicians are skilled at injecting and choosing the right combination of facial fillers to naturally address your concerns.



## truSculpt Flex, Effortless Muscle Toning

truSculpt Flex is the latest technology to join the SkinCare Physicians body improvement program. Based on multi directional muscle stimulation utilizing electrical impulses, truSculpt Flex targets muscle groups for toning and strengthening. This completely non-invasive treatment takes about one hour to complete, and requires a series of weekly treatments to start the program. Once the desired level of muscle conditioning is achieved, results can be maintained with treatments at monthly intervals (or longer). This exciting new technology is designed to be an adjunct to a healthy exercise plan, and has shown impressive and measurable improvements in strength and conditioning.



*Abdomen muscles toning*

# The Bulletin Board

## Exciting Psoriasis And Eczema Therapies On The Horizon

There are a large number of new and exciting therapies for psoriasis and eczema anticipated to gain FDA clearance within the next 12 months. For psoriasis, tapinarof and roflumilast will be the first new non-steroidal creams approved to treat this disease in over 20 years. For patients with more severe



psoriasis, a once-a-day oral pill – deucravacitinib – looks extremely promising. Additionally, a new biologic – bimekizumab – appears to quickly and effectively control active

disease in the vast majority of patients. For atopic dermatitis, several steroid-free medications may be soon available. The approval of ruxolitinib cream appears close on the horizon. There may be three new oral options as well as a novel biologic agent. The future for treatment of both psoriasis and atopic dermatitis has never looked brighter (although pronouncing the names can be a challenge!). Come visit and we can suggest a therapy that may be best suited for you.

## Telemedicine, Here To Stay

Telemedicine has emerged as an important tool for dermatology providers to connect virtually with



patients. At the onset of the COVID-19 crisis, telehealth was essential for patients to carry out important medical visits when

they could not be seen in person. And, it has remained useful, particularly for patients who are following up on chronic conditions such as acne, eczema and psoriasis. With the assistance of quality images that patients upload to our patient portal prior to their appointments, our physicians remain able to assess skin conditions and continue the doctor-patient relationship even when in-person visits are impossible due to distance or a global pandemic.

## So Many Top Doctors, A Dependable Standard

In a challenging year for our community, having 9 of our physicians recognized again by their peers in Boston Magazine's 2021 Top Doctors list is a reassuring constant. Now more than ever, this recognition is a

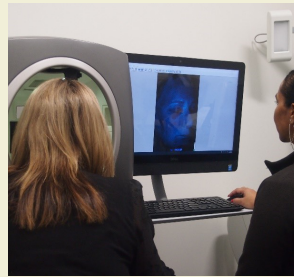


tribute to SkinCare Physicians' continued commitment to bringing the most comprehensive, safest and highest quality medical, surgical and aesthetic dermatologic care to its patients.

While everything has changed around us, our dedicated doctors and staff remain true to our practice's core value: being industry leaders in caring for our patients and each other.

## SkinCare Research Continues Amidst The Pandemic

Our team at SkinCare Research has been absolutely remarkable through this pandemic. They have successfully carried out numerous clinical research trials on many ground-breaking new treatments, all while safely maintaining the strictest COVID safety standards in the nation. Research and innovation

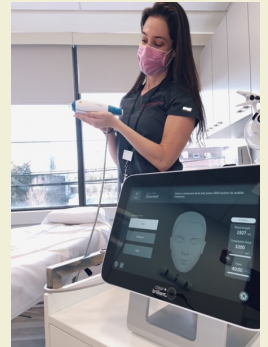


are at the heart of SkinCare Physicians, and help to reliably and scientifically expand the collective knowledge and skill

set of physicians around the world. Continuing with that mission has been central to SkinCare Physicians, and we are working hard to maintain the highest scientific integrity in the face of this challenging pandemic. Cellulite, fillers for facial shaping and wrinkle reduction, innovative neurotoxins similar to Dysport and Botox, skin rejuvenation, non-surgical fat removal: these are some of the fascinating areas that our SkinCare Research team continues to work on. If you are interested in becoming a subject in one of our research trials, please give us a call at 617-848-1638.

## NEW! Clear + Brilliant Fusion Treatment

Our aestheticians are excited to introduce you to our new Clear + Brilliant (C + B) *Fusion* treatment. This well-tolerated facial procedure uses the completely redesigned and re-engineered C + B *Touch* laser device. It is more effective and versatile than the original C + B, yet still as gentle. Its two wavelengths can easily be used to smooth skin texture, improve brightness and pores, and even skin color, all at once! Patients of all ages and skin types, who want to refresh and maintain youthful looking skin with minimal down time, can benefit from a C + B *Fusion* treatment. It is also an ideal option if you are new to aesthetic procedures. The C + B *Fusion* will no doubt become one of our aestheticians' most sought-after skin rejuvenating treatments. Come and ask them if it is right for you.



## Skin Care Boutique Corner

One of the perks of visiting SkinCare Physicians is getting an expert and personalized recommendation for the most effective products to incorporate in your daily skin care routine. In our boutiques, you can find our reasonably priced, cutting-edge SkinCare Prescription products, and our favorite products from partnering brands. You can also purchase them on our online shop, and choose from home delivery or safe curbside pickup. Another advantage to shopping on our online store is access to the full Alastin and Skinbetter Science lines, two brands based on science and well-loved by our patients. Treat your skin now, go to [store.skincarephysicians.net](https://store.skincarephysicians.net)





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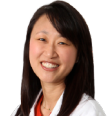
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# SKINCARE PHYSICIANS®

## 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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