

# SKINCARE PHYSICIANS®

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## Skin Tightening Is Heating Up

Our ability to tighten skin is becoming a reality right before our eyes. While the quest for the perfect skin tightening device has been ongoing for over 20 years, the introduction of novel radiofrequency microneedling devices has significantly advanced the field.

Loose neck skin and a sagging jawline are frequent concerns for patients. Thermage has been the gold standard in skin tightening for decades, and continues to be one of the most popular treatments at SkinCare Physicians. Comfortable non-invasive treatments every 1-2 years can keep your jawline and neck looking pristine.



A new generation of devices including Legend, Morpheus8 and Genius, employs radiofrequency delivered by microneedling to address laxity on the face and neck. Treatments heat the dermal layer of skin and trigger a wound healing mechanism that boosts collagen and elastin formation. Heat is delivered via tiny needles that rapidly puncture the skin's surface. Protocols involve three monthly treatments with resulting mild pink skin that usually heals in less than a week. RF microneedling is popular because of its efficacy and rapid recovery.

Skin tightening can be combined with other non-invasive options to improve the quality and contour of the jawline and neck. CoolSculpting can reduce fat/fullness under the chin and consists of a short, in-office procedure that uses cold temperatures to induce fat reduction. Kybella injections are another treatment option to melt fat successfully.

And, while we normally think of Dysport or Botox injections for facial wrinkles, they can also reverse the signs of an aging neck. Immediately underlying neck skin is a thin muscle called the



**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.**

platysma. With focused injections to this muscle, the vertical banding that worsens with aging can be dramatically improved. When done properly by an expert dermatologist, this procedure can also tighten the appearance of the jawline.

Whether alone or in combination, these treatments can improve the signs of aging. Consider consulting with one of our dermatologists if neck rejuvenation is important to you.

## New Wrinkle Busters

Daxxify is here! The most significant advance in neuromodulators in over a decade has finally arrived at SkinCare Physicians. Botox and Dysport have been at the center of a revolution in wrinkle reduction and aging prevention for over 20 years. They help to soften muscle movement, which in turn reduces wrinkles, improves eyebrow position, and creates a more relaxed appearance.

Daxxify (Daxxi) is the newest generation of neuromodulators, and has the significant advantage of longer lasting results. Much of the original research was performed at SkinCare Physicians and shows that Daxxi can last as long as 6-9 months. This increased longevity will significantly improve convenience and compliance, enabling patients to have more consistent wrinkle reduction throughout the year. With as few as 2 treatments per



year, we can deliver the subtle and natural results that our physicians are known for.

Botox and Dysport will remain a central part of our treatment strategy, with Daxxi adding a third option. Our physicians have pioneered the techniques that ensure natural results, lecturing internationally on the distinctive formulas and strategies that make our practice unique. We have

all seen over-done or over-frozen results, whether it be in friends or celebrities. Thankfully, those results are completely avoidable with the techniques and skills that our physicians employ. And importantly, at SkinCare Physicians we only have board certified dermatologists performing cosmetic injectable treatments. We take training and skill seriously, and our patients directly benefit.

So ask us about Daxxi and the other subtle treatment options available to help you keep looking your best.

# What's Hot at SkinCare Physicians

## Cellulite Is Disappearing

Avéli is the latest addition to our rapidly expanding treatment toolbox for cellulite. Conceived, developed, and perfected at SkinCare Physicians Avéli builds on the success of Cellfina in reducing the appearance of dimples on the buttocks and thighs. These two powerful dimple-busting technologies enable us to improve cellulite with incredibly long-lasting results. Studies indicate that we achieve meaningful improvement in cellulite dimples for 5 years or longer with one treatment. In addition to



Avéli cellulite treatment

Avéli and Cellfina, we also utilize injectable Sculptra and Qwo to reduce dimples, improve contours, and create smooth skin surfaces. Resonic is another addition to our cellulite arsenal, utilizing a completely non-invasive high-tech method based on sound waves to eliminate the root cause of cellulite dimples...the fibrous septa. In one 30-60 minute treatment session, Resonic creates a smoother surface and also produces skin tightening in the treatment zone, which provides lifting to the buttocks and thighs.

Based on years of research, these procedures are not smoke and mirrors. Patients love their new smooth contours, and the improved shape that comes with tightening and the reduction of dimples.

## Innovative Use Of Fillers

There has been tremendous innovation in soft tissue fillers and SkinCare Physicians has remained at the forefront of the development and use of these superb, natural products. Restylane, Juvéderm, Revance and Belotero have created multiple products for specific purposes. These include filling areas of volume loss on the cheeks and temples, and improving the appearance of folds, fine lines and wrinkles. Our physicians are experts in choosing and using the most appropriate filler for a patient's specific issue including acne scarring, shadows and tear troughs under the eyes, lip augmentation, and facial sculpting. Above all, our goal is to utilize fillers to address a patient's concern while maintaining a natural appearance.



## Prejuvenation: Invented At SCP

*Prejuvenation* is a term first coined by our own Dr. Kenneth Arndt in 2013. In the years since, it has become a term commonly used to describe the concept of slowing the aging process with early, gentle cosmetic interventions. While the signs of aging can be improved at almost any age, there is recognized value in intervening earlier in life, even in your 20s and 30s. By doing so, we can prevent signs of aging that become more difficult to reverse later in life, and we have an opportunity to utilize conservative and regenerative techniques that tend to have a natural result...*Prejuvenation!* As an example, neuromodulators such as Botox and Dysport disable muscle movement that leads to lines and wrinkles. By using these products before lines become deep, wrinkles can sometimes be completely reversed and/or prevented from even forming. If you are interested in gently and naturally optimizing your skin as it ages, consider a consultation with one of our dermatologists.



## Can We Reverse & Prevent Hairloss?

Hair loss affects the confidence and self-esteem of many men and women. Over recent years, improved treatments help what is known as "patterned hair loss", stopping or even reversing hair loss in many patients. Topical minoxidil (Rogaine) and oral finasteride (Propecia) are approved to treat hair loss. In addition, dermatologists employ medications such as spironolactone and oral minoxidil as options for hair loss. They can be effective, but because of possible side effects, it is imperative to discuss these options with your dermatologist. When medications are not appropriate or preferred, platelet rich plasma (PRP) injections may stop hair loss and re-grow hair. During this procedure, a nurse draws a small amount of the patient's blood and re-injects growth-factor rich fluid into the scalp with the goal of stimulating hair follicles. Six treatments are done over a year followed by 1-3 maintenance treatments annually. We have seen success rates in up to 80% of our patients undergoing PRP.



Before & after PRP treatment

## Psoriasis And Acne: Exciting News

Two novel non-steroidal creams, Zoryve and Vtama, received FDA approval in 2022. These medications appear to be more effective in treating psoriasis than other steroid-free creams. Neither cream causes skin thinning, a potential side effect of topical corticosteroids, and therefore, can be applied as long as necessary. The FDA has also approved three innovative topical medications and a device for the treatment of acne. Winlevi targets hormones responsible for acne; Amzeeq, a topical antibiotic, can be applied to patients as young as 9 years old to treat mild inflammatory acne; Aklief is a more tolerable and less drying retinoid; and Aviclear is a breakthrough, safe laser treatment which suppresses sebum production. Come in to discuss any of these exciting therapies.



# The Bulletin Board

## Two Game-changing Treatments For Kids' Eczema

After decades of topical steroids, we now have two new effective options for the treatment of pediatric eczema (atopic dermatitis). Opzelura (ruxolitinib) is a novel, steroid-free, fast-acting cream that dramatically relieves itch and rash in children who have had a poor response to topical steroids. This



FDA-approved cream, can be applied safely to the face and sensitive skin of children 12 years and older. Dupixent (dupilumab), an injection that has revolutionized

the treatment of moderate to severe eczema, is now FDA-approved for infants as young as 6 months old! It is a game-changer for younger children whose eczema has been unresponsive to other anti-inflammatory therapies, and a lifesaver for parents who have watched their children itch and cry incessantly despite diligent eczema skin care. If your child is suffering from eczema, these medications may help.

## 25 Years Of Fellowship Programs

Teaching and training future leaders in dermatology and dermatologic surgery has been integral to our mission for the past 25 years, and one of the most important and rewarding parts of our practice.



Each year, two or three fellows work along with us in patient care and research, and on academic projects. These

board-certified dermatologists bring up-to-date knowledge and enthusiasm to SkinCare Physicians, and develop life-long relationships with their mentors and colleagues. They then go on to contribute meaningfully to their specialty through involvement in teaching hospitals or community practices all around the country and internationally. Our current fellows, Drs. Ariel Eber and Perry Hooper, are the 69th and 70th fellows whom we have trained over the past two and a half decades.

## Entrust Our Top Doctors With Your Skin Care

In 2022 again, eight of our physicians were recognized as outstanding dermatologists by their peers in the Boston Magazine's Top Doctors issue. The impartial peer review process included patient care as one of the most



important selection criteria. As your largest organ, skin plays a vital role in your health by protecting your body from harmful elements. It is essential to entrust an expert team

of dermatologists and staff with the medical and cosmetic care of your skin. At SkinCare Physicians, we are proud to provide the highest standard of dermatology care to our patients, along with state-of-the-art technology.

## A Tremendous Year for SkinCare Research

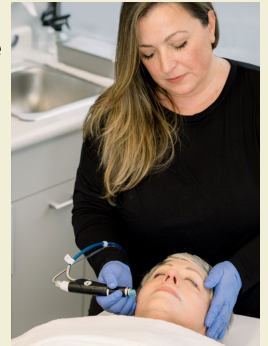


Our research team has had a tremendous year bringing the latest techniques to our patients. We have performed 16 clinical trials, and enrolled over 194 subjects in 2022. Some of the best-known skin care treatments available have been developed right here at SkinCare Physicians by our world-class research team. Thermage, CoolSculpting, Fraxel, miraDry, Cellfina, Avéli, Resonic, Botox, Dysport, Daxxi, pigment and hair lasers, and nearly every injectable filler on the market has been tested by our team. Dermatologists around the world have come to trust and rely on our research team to provide the most comprehensive, accurate, and trustworthy research data possible. And we have even bigger plans for 2023!

## The "Wow Factor" Aesthetic Treatment

HydraFacial is our all-in-one soothing treatment with an immediate "wow factor." While including 3 essential steps (cleanse-peel, extract-hydrate and infuse-protect), the HydraFacial treatment lasts 45 minutes or less. Patients love it because they leave

our Advanced Dermatology Spa with no downtime and instantly refreshed, glowing skin. Our aestheticians favor it because they have an array of HydraFacial offerings to suit your specific skin needs.



They also have access to medical grade boosters to address anti-aging, hyperpigmentation and rosacea concerns. Whether you want a one-time treatment before a big event or a routine procedure to maintain skin health, HydraFacial is a great option. Stop by our spa and ask for our Aesthetic Treatments Menu.

## Stop The Skin Care Guessing Game

Instead of guessing and trying out skin care products, hoping they are right for you, why not ask your dermatologist? The result will be healthier, glowing skin. Our physicians can quickly identify your skin needs and suggest a daily skin care regimen just for you. The products they will recommend are all backed by science, safe, effective and available in our boutiques. Unable to find a specific product? Our trained check-in/check-out staff will help. Only coming for your annual skin exam? You can replenish your products online at [store.skincarephysicians.net](http://store.skincarephysicians.net). Next time you visit us, ask for a custom skin care home regimen.



# SKINCARE PHYSICIANS®

1244 Boylston Street, Chestnut Hill, MA 02467



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. Kay  
Kane



Dr. Prasanthi  
Kandula



Dr. Mitalee  
Christman



Kelly  
Buchanan,  
PA-C



Kathleen  
Brodt,  
FNP-BC



Colleen  
Gaffney,  
FNP-BC

# 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.



## SKINCARE PHYSICIANS®

1244 Boylston Street  
Chestnut Hill, MA 02467  
Phone: (617) 731-1600  
Fax: (617) 731-1601

[www.skincarephysicians.net](http://www.skincarephysicians.net)



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Avéli/Cellfina/Qwo/Resonic • Botox/Dysport/Daxxify • CoolSculpting • truSculpt Flex • Clear + Brilliant • Dermaplaning • Fillers • Fraxel laser • Fraxel Quick Recovery (FQR) • Genius/Legend/Morpheus8 • Glycolic acid chemical peels • HydraFacial • Kybella • Laser hair removal • Red & brown spots laser removal • Laser resurfacing • Medical cleansing • miraDry • Mohs surgery • Pediatric, adult, and geriatric dermatology • Microneedling • Pellevé • Photorejuvenation • PRP • Restylane/Juvéderm/Radiesse/Sculptra/Belotero/Teoxane • Sclerotherapy • Skin cancer surgery • Tattoo removal • Thermage