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We have all been touched deeply by the events of September 11th.

In an effort to aid those in need, SkinCare Physicians' staff, doctors, patients, and friends have generously contributed to this important cause. Thousands of dollars have been raised by SkinCare Physicians and donated to several funds, including the American Red Cross and the Cantor Fitzgerald Relief Fund. We wish to thank all of you for your kind words and contributions.

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SkinCare Physicians Offers World's Leading Textbook on Cosmetic Surgery

COSMETIC

SURGERY

Drs. Kaminer, Dover, and Arndt have written and edited the world's newest and most innovative textbook on cosmetic surgery. *The Atlas of Cosmetic Surgery*, released for 2002, is the most recent and comprehensive book in the medical literature dealing with the

subject of cosmetic surgery.

This work, conceptualized and put together by the three senior partners at SkinCare Physicians, brings together their extensive expertise in cosmetic surgery into one magnificent text. Drs. Kaminer, Dover, and Arndt have

worked with several of their colleagues in the field in creating this 475-page reference work, which includes a chapter on photoaging written in large part by our own Dr. Robin Travers.

The volume is intended to be used by physicians all over the world who are

interested in learning the art and science of cosmetic surgery. Our three physicians are known internationally for their skill and talents in cosmetic and laser surgery and dermatology, and this new book will be considered essential

reading for physicians in all specialties who have an interest in cosmetic surgery.

The Atlas of Cosmetic Surgery is a tremendous milestone not only for our physicians but also for SkinCare Physicians itself. It clearly demonstrates the editing, writing, and scholarly skills of

SkinCare Physicians, and demonstrates that the quality of cosmetic surgery performed at our facility is among the world leaders in the field.

SkinCare Physicians of Chestnut Hill would like to congratulate Drs. Kaminer, Dover, and Arndt on this terrific achievement.



Photorejuvenation: New Laser Methods to Improve Skin Tone and Eliminate Wrinkles

For years, our patients have been asking for simple, easy ways to improve the appearance of their facial skin with rapid recovery. The dermatologists at SkinCare Physicians have finally found the answer. It is called a group of laser "photorejuvenation" procedures that have been developed over the past year that enhance the appearance of skin with little or no down time whatsoever. Skin-Care Physicians has the 3 leading photorejuvenation laser and light systems: Intensed Pulsed Light (IPL), CoolTouch II, and N-Lite. While each of these devices works a bit differently, the basic concept is the same. When laser or intense light is gently applied to the skin, it stimulates new collagen production, the major building block in skin. This new collagen, which takes weeks to months to form, helps to improve the overall tone of the skin and gives the skin a more youthful appearance. Treatments are performed about once a month for 6 months. These procedures are almost pain free, leave a bit of redness afterwards, but for the most part, patients can go back to work the very next day and in many cases immediately after the procedure.

The three different lasers produce slightly different results. For example, IPL not only helps to tone the skin, but also helps to decrease brown sun-spots and the red tone that the cheeks, nose and chin take on from sun damage. The N-Lite and CoolTouch II not only tone the skin, but are helpful in improving fine lines on the cheeks and around the mouth and eyes. Cool Touch II is also effective at improving irregular skin texture caused by acne scaring.

The trend in cosmetic surgery is towards minimally invasive procedures that produce substantial benefit along with healthier skin. The concept of *photorejuvenation* has revolu-



Photorejuvenation (Continued)

tionized our approach to the treatment of aging skin. Our doctors are now able to improve fine lines and wrinkles, brown spots and broken blood vessels, as well as overall complexion and skin tone with the gentle application of innovative laser technologies. The most up-to-date and novel therapies available anywhere in the world often are conceived of and developed at SkinCare Physicians of Chestnut Hill



WCVB 5 News at Noon with Susan Wornick

Starting in January, 2000, WCVB Channel 5 News invited Dr. Jeffrey Dover to be a regular invited guest on their mid-day noon news program with Susan Wornick. This live segment which airs every Wednesday at about 12:20 p.m., features Dr. Dover answering viewer's questions on all aspects of skin and dermatology. The highest rated noon newscast in the Greater Boston area, WCVB Channel 5 noon news has been delighted with the addition of Dr. Dover to their news team.



SkinCare Physicians Hosts Educational Course on Lasers for Physicians

Each summer for the past ten years, Drs. Kenneth Arndt and Jeffrey Dover have hosted a meeting of the world's experts in laser surgery to discuss the most cutting-edge and important areas of this rapidly developing specialty. This year the *Controversies and Conversations in Cutaneous Laser Surgery* meeting took place in Beaver Creek, Colorado, where over twenty-five of the world's laser experts were joined by seventy participants from across the United States and around the world to learn more about this exciting area.

A 200-page book will be published this year by the American Medical Association Press based on the information presented at this advanced symposium. Joining Drs. Arndt and Dover on the course faculty was our own Dr. Michael Kaminer, a nationally recognized expert in the treatment of scars and skin rejuvenation techniques. It's at this world renowned meeting that many of the latest developments in laser surgery are first developed, and it is one of the many ways the staff at SkinCare Physicians remains at the forefront of the laser surgery field.

Upcoming Seminars at SkinCare Physicians

SkinCare Physicians of Chestnut Hill offers regularly scheduled informational events at our state-of-the-art office. Discussions are led by our senior physicians (with ample time for questions and answers), and include topics in cosmetic and laser surgery such as optimal care of the skin, Botox injections, photorejuvenation, liposuction, laser hair removal, laser treatment of brown and red spots, laser resurfacing and hair transplantation. Please reserve your place and join us for one of these exciting events by calling 617-848-1612.

Seminar Dates:

December 4, 2001 Speaker: Jeffrey S. Dover, M.D., FRCPC January 15, 2001 Speaker: Kenneth A. Arndt, M.D. Speaker: Michael S. Kaminer, M.D.

Seminar Time: 6:30 to 7:30

Location: SkinCare Physicians of Chestnut Hill





Phone: 617-848-1621

The proper care of your skin on a daily basis can do a tremendous amount towards achieving healthy, supple, clear skin. The aesthetician staff at SkinCare Aesthetics has developed a comprehensive program to help you achieve these goals. While it is helpful to have your skin carefully evaluated and cared for regularly by our aestheticians, these simple at-home steps can do wonders for your complexion.

- Wash twice daily with a gently cleanser. Soapless and liquid cleansers work well.
- Apply a moisturizer with sunscreen in the morning, preferably just after washing your skin to help *lock in* the moisture.
- If you have sensitive skin, be careful to use products that are free of many chemicals, preservatives, and fragrances.
- Try to use products on your face that say they are oil-free and non-comedogenic on the label. This will help to reduce the risk of developing bumps and blackheads on your skin.

Be certain to remove make-up with products that are not irritating to your skin.

Dr. Michael Kaminer — Liposuction is an Extremely Safe Outpatient Procedure

Liposuction, when performed with the tumescent technique, has been shown in several studies to be an extremely safe procedure when performed on an outpatient basis. Dr. Michael Kaminer, one of our senior physicians, is a member of the distinguished nine-person national liposuction task force of the American Society of Dermatologic Surgery. This task force is responsible for setting standards of care for dermatologists performing liposuction throughout the United States.

In studies published over the past several years, the incidence of complications has been near zero when liposuction is performed with local anesthesia alone in outpatient settings. Over 15,000 people were part of a national study that showed that when liposuction was performed with this technique, not one of those patients experienced a significant complication.

Liposuction as performed at SkinCare Physicians of Chestnut Hill sets the standard for liposuction surgery performed anywhere in the world. Utilizing the local anesthesia-only tumescent technique, the safety record of liposuction, in our hands, has been impeccable.

We are now able to sculpt the body using small, delicate instruments that remove precise, localized areas of fat to give our patients the smooth and attractive features that they look for when undergoing liposuction in our on-site surgical facility.

Now that the safety of tumescent liposuction has been established, new frontiers are being entered that allow our doctors to produce beautiful results that were not achievable even 5 years ago. Elimination of fat deposits can be difficult if not

impossible with diet and exercise alone, and liposuction is an extremely attractive alternative for sculpting the body and removing those unwanted deposits of fat. The most commonly treated areas include the outer and inner thighs, knees, buttocks, stomach/abdomen, waistline, upper arms, and neck.

The most recent advance in liposuction is breast reduction. Women, both young and old, can now have safe, rapid reduction of breast size by liposuction through 2 small (quarter inch) incisions. Recovery time for most liposuction procedures is usually less than 5-7 days, and the patient's new shape is visible within a few weeks.

Modern surgery and science have helped liposuction flourish as a safe, effective means of eliminating fat as we enter the new millennium.





Before

After

SKIN CARE TIPS

This section is intended to bring you relevant, up-to-date information relating to general dermatology and the care of your skin. These useful facts and information will not only make you understand your skin better, but will help you take better care of your skin throughout the year. Did you know that:

- Acne affects > 90% of teenagers in America and is the most common skin disorder in the United States.
- An increasing number of those who suffer from acne are women between the ages of 20 and 35.
- New topical and systemic therapies can now control or cure acne.
- The use of topical glycolic acid, along with a sunscreen, every day can help to improve the early signs of sun damage and aging.
- The most common form of cancer in the US is non-melanoma skin cancer – basal cell

- carcinoma and squamous cell carcinoma.
- Mohs surgery is a high-tech, extremely effective method for removing skin cancer as well allowing physicians to produce the most cosmetically elegant results possible.
- One in 71 Americans have a lifetime risk of developing melanoma, and one person dies from melanoma every hour.
- Annual skin check-ups by your dermatologist, as well as monthly self exams, are important for anyone who has multiple nevi (moles). It is especially important for those with a family history of melanoma or atypical moles.
- Psoriasis affects roughly 1% of the population. The Xtrac excimer laser is the latest treatment for localized disease, and brings about rapid clearing of localized lesions.

Our expertly-trained staff, along with our superb dermatologists, can not only examine your skin and give you information about how to care for it, but can answer questions related to these or any other questions you may have about your skin.



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WE'RE ON THE WEB!

WWW.SKINCAREPHYSICIANS.NET



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. All treatment options are available to our patients who have dermatologic, aesthetic, skin cancer, cutaneous, surgical or other medical or appearance-related concerns.

The mission of SkinCare Physicians of Chestnut Hill 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 Senior Partners Named as Boston Magazine's Top Dermatologists



Dr. Kenneth Arndt



Dr. Jeffrey Dover



Dr. Michael Kaminer

Drs. Kenneth Arndt, Jeffrey Dover, and Michael Kaminer were given the high honor of being named to **Boston Magazine's** top dermatologists in New England in 2001. Each year, **Boston Magazine** devotes an entire issue to choosing the most respected and skilled physicians in each specialty in Massachusetts and the surrounding states. These physicians are chosen, not only by the **Boston Magazine** research staff, but more importantly through recommendations of local physicians. Given that Boston is home to some of the world's greatest physicians and teaching hospitals, it is quite an honor to be selected to **Boston Magazine's** list of top doctors in the region.

Drs. Arndt, Dover and Kaminer have an international reputation for their dermatology, dermatologic surgery, cosmetic and laser surgery skills, and it was for these reasons that they were recognized in the 2001 Best of Boston issue (as well as in previous issues). To our knowledge, SkinCare Physicians is the only practice of its kind in New England to have all three of its senior partners named to the list of Boston's Top Doctors. SkinCare Physicians of Chestnut Hill is extremely proud of this accomplishment and we congratulate our doctors on this honor.