

SKINCARE PHYSICIANS®



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



NEW LASERS TO GIVE YOU YOUNGER, FLAWLESS, WRINKLE-FREE SKIN

We finally have a way to create younger, smoother, healthier skin without significant risk or downtime. These are the newest, high-tech, and most innovative skin resurfacing devices ever created: **Fraxel**, **Sciton**, and **Portrait**. Lasers have been used for decades to create younger looking skin. But the downside has been that to achieve truly dramatic results, patients had to experience weeks of healing and downtime, as well as substantial risks. No longer! This trio of new lasers offers superb non-invasive ways to erase wrinkles, eliminate brown spots and discoloration, and smooth out acne scars.

The **Fraxel** laser covers the skin with tiny microscopic treatment zones, which allows the skin to recover much more rapidly than ever before possible. Similarly, the **Sciton** laser is used either in a fractional way like the **Fraxel**, or can be used to perform the

MicroLaser Peel. In both modes, thin layers of the skin's surface are gently removed to reveal the more healthy skin underneath. With both the **Fraxel** and **Sciton**, patients usually require a short series of treatments performed at 4-6 week intervals.

SkinCare Physicians has also been involved in ground-breaking research with *plasma resurfacing*, using the new **Portrait** device from Rhytec. The **Portrait** treats the surface of the skin without actually removing it, and may be done as a series of treatments with minimal to no downtime, or in a single procedure with a week of redness and mild crusting. Either way, impressive changes in the texture and tone of the skin are achieved. Treatment with all of these devices takes about 30-45 minutes, and is performed with the use

(continued on page 2)

INSIDE THIS ISSUE:

- New Lasers 1
- Botox, Restylane & Juvederm 1
- Cosmetic Surgery 2
- Indoor Tanning 2
- Cellulite Removal 2
- Tighter Tummy 2
- Breast Reduction 2
- Hot Topics 3
- New Saturday Hours..... 3
- Aesthetician's Corner 3
- SCP Gets High Marks 3
- SCP Gets a Little Work Done..... 3
- In the News..... 3

BOTOX, RESTYLANE AND JUVEDERM: Miracles in a Syringe?

The world of minimally invasive procedures has exploded in the past 12 months. **Botox** and **Restylane** remain the mainstays of a minimally invasive treatment plan, but with new uses for these exciting materials, and new products coming along every few months, our options and resources have never been more exciting.

In an office visit, our skilled, world-renowned, and respected physicians can literally sculpt and create a more youthful appearance for our patients. We now use **Restylane**, as well as the newest filler, **Juvederm**, to improve jaw line contours, eliminate jowls and nasolabial folds, remove hollows and discoloration under the eyes, and create a more youthful look to the cheekbones. Lines around the mouth melt away, and with some of the newer, more subtle lip enhancement techniques, we can make lips look as good and natural as ever, all without one minute of surgery.

Techniques with **Botox** have improved over the years, and our physicians are masters at creating a natural, soft, and certainly not frozen look with **Botox**. In particular, **Botox** helps lines around the eyes, between the eyes (glabella area), and on the

forehead. **Botox** can also help with lines around the mouth, lift a down turned mouth, as well as soften those annoying bands and lines on the neck.

So the real breakthrough has been the use of **Botox**, and fillers like **Restylane** and **Juvederm**, in combination. This is the magic of these safe and effective substances...by using these materials in combination, our physicians are able to custom fit a program that is right for our patients. In most cases, the sum of these materials is greater than the parts.

Obviously, the results you get with all of these materials are technique dependent. Not only do patients come from near and far to see us, but our doctors have lectured around the world, teaching other doctors some of our secrets for successful Botox, Restylane, and Juvederm treatments. Come find out for yourself just how fabulously those secrets can work for you.



Pre Botox & Restylane



Post Botox & Restylane

NEW LASERS TO GIVE YOU YOUNGER, FLAWLESS, WRINKLE-FREE SKIN (continued)

of a safe, easy to apply topical anesthetic (no needles!). Most patients experience minor redness and swelling for a couple of days, and can usually return to their normal activities quickly. Never



Pre Fraxel



Post Fraxel

before have we been able to affect the skin so profoundly without significant downtime! All of these new devices can also be used on difficult to treat problem areas like the neck, chest, and hands. And perhaps best of all, the results you get from these devices will last for years!

As with many of the procedures performed at SkinCare Physicians, results with these devices are technique dependant. The doctors at SkinCare Physicians are at the forefront of these technologies, writing articles, textbooks, and lecturing to other physicians around the world about the best ways to maximize improvement while minimizing any risk. So come see for yourself how our expertise can help you, and learn which of these exciting new devices may be right for your skin.

IS COSMETIC SURGERY SAFE?

Absolutely, but to put it simply, the safety of the new cosmetic surgery procedures depends directly on who is doing your treatment. With recent advances in cosmetic and laser surgery it has never been safer and easier, when in the right hands, to have wrinkles erased, brown and red spots removed, or a little tightening or skin smoothing done. To ensure that patients are treated only by skilled, trained, licensed practitioners, our physicians have been at the forefront of a national education effort spearheaded by the American Society for Dermatologic Surgery (ASDS).

So do your homework, and know who is treating you and what their training is. At SkinCare Physicians, patient safety is our primary concern!

INDOOR TANNING: KNOW THE RISKS

On an average day, approximately 1 million people in the United States use tanning salons. A majority are women, and many are teens. The tanning industry, which has an annual revenue of 5 billion dollars, claims many health benefits to indoor tanning. But don't be fooled. The US Department of Health & Human Services has declared ultraviolet radiation from the sun and tanning beds to be cancer causing, and tanning lamps emit radiation levels that are far higher than the sun. There is strong evidence that indoor tanning increases the risk of developing melanoma, a type of skin cancer that is frequently fatal. This risk is amplified if indoor tanning begins at an early age. Our goal, along with the American Academy of Dermatology, is to help correct misconceptions, and disseminate the simple and direct message that indoor tanning is not safe. So if you go tanning, please try to stop, or at least cut back dramatically. And talk to your kids to reinforce the message that indoor tanning, in particular, is much more risky than all of us might think.

THE HOLY GRAIL OF CELLULITE REMOVAL & SKIN TIGHTENING

New, non-invasive, comfortable skin tightening procedures that take only about an hour, performed with the Thermage, Sciton, and Titan devices, are revolutionizing the treatment of early facial sagging. These devices work by gently heating and tightening collagen in the deeper layers of the skin, and patients get predictable results with zero recovery time. SkinCare Physicians spearheaded an international landmark study in 5700 patients who had Thermage facial skin tightening, and an amazing 93% of individuals were pleased with the outcome!

Also, did you know that cellulite affects virtually every adult woman in America? Diet and exercise only go so far, so what is there to do? Creams, potions and lotions don't do much at all, but there is hope on the horizon. Several novel technologies are being studied by SkinCare Physicians that not only appear to reduce cellulite, but also might be the answer to non-surgical waistline reduction and fat removal. Stay tuned!

Can't wait for the next generation of fat and cellulite busting devices? SkinCare Physicians has recently acquired the FDA approved Vela Smooth cellulite treatment. A series of 10 to 12 painless, no downtime procedures, will help to reduce your cellulite. What will they think of next!

DO YOU WANT A FLATTER, TIGHTER TUMMY?



Did you ever wish you could make your stomach flatter and smoother? Who hasn't!

Well, it turns out the non-surgical revolution has finally come up with a cure. *Body by Thermage* is the newest, high-tech invention that helps tighten skin and wrinkles on the abdomen, as well as all other parts of the body, without surgery. Upper arms, thighs, even a little bit of cellulite can be smoothed with a fairly easy, 60-90 minute in-office treatment.

So you want a smoother tummy? Now we can help!



Pre Thermage



3 Months after Thermage

BREAST REDUCTION WITHOUT INVASIVE SURGERY

Traditional breast reduction surgery, although effective, can produce unsightly scars with a significant healing period. For many women who would like to reduce the size of their breasts, surgery just isn't the answer. For the past 5 years, our staff at SkinCare Physicians has been successfully pioneering and perfecting the role of liposuction for breast reduction, without any visible scars.

In an office based 2 to 3 hour procedure under local anesthesia, fat can be removed from the breast safely and predictably. The average breast size reduction is 1 to 2 bra cup sizes, and patients return to their normal daily activities within a week. Breast shape and position can be improved as well. Ask us about this exciting new procedure!

HOT TOPICS

SkinCare Physicians Product Line

After years of extensive research, and a combined 100+ years of experience in dermatology, we are proud to announce that SkinCare Physicians is near completion of our own proprietary line of skin care products. To further enable us to help you care for your skin, these new products will combine the latest advances in skin care with the basic ingredients you need. Watch for the SkinCare Physicians product line coming in mid 2007.

Come see our new look! New website design for SCP

SkinCare Physicians has recently completed a new website design to better serve our patients. Organized by clear, color-coded tabs, this completely revamped website includes updated information on all of the procedures offered by our physicians. In addition, the website lets patients access a comprehensive Educational Library on topics ranging from acne to cosmetic surgery to varicose veins. It is now easier than ever to maneuver through the nearly endless flow of information, sign up for email delivery of future newsletters, and stay current with new developments at SkinCare Physicians. Come visit us at www.skincarephysicians.net

Research at SkinCare Physicians

SkinCare Physicians continues its deep commitment to cutting-edge dermatology and cosmetic surgery research. Several exciting new projects are underway, including important clinical studies on fillers for correcting the nasolabial fold and frown lines, lasers for skin tightening and removal of sun damage, and psoriasis. If you are interested in participating in one of our clinical trials, please contact our research division at 617-848-1638.

NEW SATURDAY HOURS AT SKINCARE PHYSICIANS

SkinCare Physicians and SkinCare Aesthetics are now open on Saturdays, in our beautiful and newly renovated Suite 305, to make it easier for patients to access the services we provide. SkinCare Aesthetics will provide their full range of services, and SkinCare Physicians will be open for both laser hair removal and photorejuvenation (IPL) treatments. Please ask us about these services and our Saturday hours the next time you are in for a visit.

AESTHETICIAN'S CORNER

SKINCARE AESTHETICS



Have you thought about doing something to improve your skin that doesn't involve a visit to the doctor? There are a number of terrific treatments, done by our superbly trained medical aestheticians, which may be just what your skin needs. Luxurious

enzyme peels with pumpkin or mango, hydrating facials, skin refreshing glycolic acid peels, and soothing microdermabrasion treatments are just a few of the fantastic treatments offered.

So consider treating your skin, with a little R & R to boot, with a visit to SkinCare Aesthetics. A little maintenance can go a long way!

SKINCARE PHYSICIANS GETS HIGH MARKS

At SCP, we take our patients' thoughts and comments seriously. Each year, we evaluate parts of our practice by asking patients what they think, and to give us feedback on how we might become an even better place to receive care. In 2006, SkinCare Physicians conducted a Patient Satisfaction Survey related to our surgical care, and the results were spectacular. Virtually 100% of patients reported complete satisfaction, with comments such as:

"SkinCare Physicians is terrific, and I would recommend them to ANYONE looking for the best doctors in cosmetic dermatology in the northeast (and I am extremely picky, trusting only the top physicians in their fields with my face!)" T. M.

We are constantly working to remain the pre-eminent Dermatology, Cosmetic Surgery, and Laser practice in the United States, and our patient satisfaction surveys reaffirm our commitment to providing the highest level of care to our patients.

SKINCARE PHYSICIANS GETS A LITTLE WORK DONE

SkinCare Physicians is growing larger and even more beautiful! In November, we opened wonderful (and much needed!) new patient care, administrative, and clinical research space. SkinCare Aesthetics has also moved into updated, enticing, tranquil new rooms.

We welcome Tania J. Phillips, MD, FRCPC, to SkinCare Physicians. Dr. Phillips is an internationally renowned dermatologist and Professor of Dermatology at Boston University School of Medicine, who is known for her expertise in skin aging, wound healing, and general dermatology.

The SCP family continues to get even larger! During the past year even more newborns have come home with SCP employees, and we are expecting another two this spring! This brings the total to over 24 new family members in the last 5 years! We are proud of our family-friendly and supportive workplace, and our hard-working and very fruitful staff.

IN THE NEWS

The doctors at SkinCare Physicians are internationally known experts in their fields. One of the many things that distinguishes SkinCare Physicians is the prominence our staff has in the medical community and the media. They are considered by many to be the "doctor's doctor", and are regularly featured in local and national media, including:



SKINCARE PHYSICIANS®

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

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. 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.

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.

SkinCare Physicians and 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 | Dartmouth College | Boston University | Tufts University



Dr. Kenneth Arndt



Dr. Jeffrey Dover



Dr. Michael Kaminer



Dr. Robin Travers



Dr. Thomas Rohrer



Dr. Tania Phillips



Dr. Jeffrey Sobell



Dr. Katrinka Heher



Dr. Jeffrey Hsu



Dr. Kay Kane

Aestheticians | Blepharoplasty | Botox | Collagen | Contour Threadlift | Endovenous ablation | Fat transplantation | Fraxel laser
Glycolic acid chemical peels | Hair transplantation | Laser hair removal | Laser removal of red & brown spots | Laser resurfacing | Liposuction
Microdermabrasion | Mohs surgery | Pediatric, adult, and geriatric dermatology | Photorejuvenation | Restylane | Skin cancer surgery
Sclerotherapy | Soft tissue augmentation | Tattoo removal | Thermage