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The “New” Facelift

The “new” facelift isn’t actually a facelift at all. Rather, it is your doctor using a combination of high impact, low cost procedures to restore youthful contours, erase lines, and improve the overall quality of your skin, without the need to ever visit an operating room!

One of the main concepts of this new approach is called “volume”. Volume refers to the loss of substance and structure that we

all experience as we age, and one of the key new advances is the recognition that faces do not need to be pulled to look younger. Instead they need volume restoration as part of the process with fillers such as Restylane, Perlane, Juvederm, Evence, Radiesse, and Artefill. The “old” facelift brought with it surgical risk, high cost, and the chance that you



Before Evence®



After Evence®

With advances in cosmetic surgery, this is one of those times where not all doctors are created equal. Your physician must have an eye for

aesthetics, be able to properly evaluate your face, present you with the options that will work best for you, and then help you formulate a plan that makes sense and provides long term value. Last, and clearly important, your physician must have the proper skills to make the entire plan work!

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The Future is Here...New Lasers Eliminate Wrinkles and Scars!



In order to get the most from your skin, it is important to address the texture and surface changes that come with time. Doctors and patients have, in the past, been frustrated as to the ability to predictably improve skin quality without the risk inherent in some previous generation lasers.

Well that has finally changed! Over the past 3 to 4 years a new generation of lasers has evolved that dramatically changes the landscape of laser treatments for skin quality and texture. These are called “fractional lasers”, and are a quantum leap forward in terms of effectiveness and safety. The doctors at SkinCare Physicians can now smooth skin, erase wrinkles, eliminate brown spots, wipe away acne scars, and dramatically improve skin texture with these fractional lasers, all without the need for surgery. As a leader in laser innovation, SkinCare

Physicians has several fractional lasers we can use. For those patients that don’t have so many wrinkles or can’t afford the “down time”, we often use the Fraxel laser. If you have a little more work that needs to be done, one of the deeper lasers from Sciton or Lumenis might be the answer. The key is that we help you decide which lasers will work best, carefully taking into consideration your lifestyle, how much down time you can afford, and importantly your budget.

So ask us to custom-create a plan that fits your skin. Like the thousands of patients we have treated with these lasers, you’ll be glad you did!



Before Fraxel

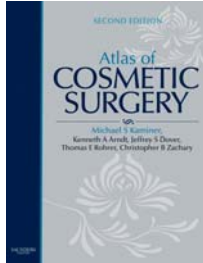
After Fraxel

The “New” Facelift *(continued)*

SkinCare Physicians has been at the forefront of this movement for the past decade. So the next time you are in for a visit, ask us about what these terrific procedures can do for you!

SkinCare Physicians Publishes World’s Leading Textbook on Cosmetic Surgery

Drs. Kaminer, Arndt, Dover and Rohrer have written and edited the world’s newest and most innovative textbook on cosmetic surgery, **The Atlas of Cosmetic Surgery, 2nd Edition.** Released for 2009, this textbook is the most recent and comprehensive book in the medical literature dealing with the subject of cosmetic surgery, and will be considered essential reading for all cosmetic physicians.



The Atlas of Cosmetic Surgery is a tremendous milestone for SkinCare Physicians. It clearly illustrates the editing, writing, and scholarly skills of the SkinCare Physicians staff, and demonstrates that the quality of cosmetic surgery performed at SkinCare Physicians is among the world leaders in the field.

Lose Inches Without the Surgery



**Before
Liposuction**

Did you ever think it would be possible to shed those unwanted pounds, and inches, without ever having surgery? SkinCare Physicians is once again at the forefront in the development of amazing new technologies for fat reduction. Our physicians are leading a new wave of completely non-invasive body shaping procedures, including technological breakthroughs from companies such as Zeltiq, Ultrashape, Thermage, and Syneron.



**After
Liposuction**

Remarkably, SkinCare Physicians already has some phenomenal new technologies to remove fat with only limited intervention. SmartLipo and ProLipo are laser-based technologies that have been around for over a year, removing fat (and tightening skin!) through tiny openings made in the skin under local anesthesia. These safe procedures have very short recovery periods, while producing some spectacular results!

While liposuction remains the gold standard for fat reduction (and is expertly and safely done by our staff physicians), SkinCare Physicians is uniquely positioned to offer this exciting array of new body shaping treatments. So please ask us about options for body contouring the next time you are in. SkinCare Physicians is internationally known as a leader in fat removal and body shaping, and we are excited to be taking this to the next level with these terrific new procedures and technologies!

Hot Topics

STUDY PROVES BOTOX MAKES PEOPLE FEEL HAPPIER

Ever since Botox was introduced nearly 15 years ago for cosmetic uses, the observation has been made that patients who receive Botox treatments feel better about themselves. The question has always been why does Botox make people feel better? Is the Botox effect real, or wishful thinking? A recent scientific study published in the journal *Cerebral Cortex* proves that indeed Botox injections actually make people feel better.

The “facial feedback hypothesis” suggests that people feel the way they look. People who look happy feel happy, and vice versa. MRI exams of patients who had Botox injections showed a reduction in the signal to the left amygdala (which is part of the brain that helps control sad emotions), which directly correlates with improved emotion. **Botox does not travel into the brain**, but its injection into frown muscles does induce a positive change in neural signaling, and the end result is people feel happier after Botox treatments.

Amazingly, not only can you look better after having Botox treatments, but we now have proof that you can also feel better! Please ask us for more details about this interesting research, as well as information as to what Botox injections can do for you.

THERMAGE BREAKTHROUGH!

This past year has seen tremendous improvement in the Thermage experience for our patients. Pain is now a thing of the past, and results have been superb and more predictable than ever. Not only can we shape and contour the face, jawline, neck and brows, but we have seen huge improvements in areas off the face such as the abdomen, thighs, and arms. SkinCare Physicians continues to be a leader and innovator with the Thermage procedure.

**Pre
Thermage**



**Post
Thermage**



Patient Appreciation Events!



SkinCare Physicians is hosting a series of patient appreciation events for 2009 to help with the winter blues! These will be unique, limited registration evening treatment sessions featuring savings on procedures such as Botox and fillers, including Restylane and Juvederm.

Please call us at 617-731-1600 to register and learn more about these exciting new events, including dates, times, and other details. The first event will be in January 2009, so don't miss it!

Did You Know?



•SkinCare Physicians is considered to be one of the leading dermatology and cosmetic surgery practices in the world. The doctors at SkinCare Physicians have been named as the “Best of Boston” in **Boston Magazine**, written over 700 scientific articles, published more than 60 textbooks, treated over a half million patients, and have over 150 years of combined dermatology experience!

•Hair transplants can be performed in a single session with completely natural results. The pluggy look is a thing of the past!

Pre Hair Transplant



Post Hair Transplant

•SkinCare Physicians has a world class Clinical Research Center as part of our practice. Many of the exciting new technologies our patients use every day were studied and developed right here at SkinCare Physicians.

•Sclerotherapy (leg vein removal) is a simple procedure performed at SkinCare Physicians by New England’s leading experts.

•Acne scars can be dramatically improved by using some of the newest laser technologies (Fraxel, Sciton, and Lumenis Deep FX).

Aesthetician’s Corner

SKINCARE AESTHETICS*

THE IMPORTANCE OF SKIN AND SUN PROTECTION



Without a doubt, PREVENTION is the most effective treatment for sun damage (which includes wrinkles, brown spots, premature sagging and collagen loss). The truth is that the majority of sun damage happens from day to day exposure to the sun. Common tasks such as driving to work, playing golf, taking the children to school, and walking the dog are all examples of daily sun exposure that can be cumulative.

Choosing a broad-spectrum sunscreen is very important to shield the skin from the damaging UVA and UVB rays of the sun. Most dermatologists and aestheticians recommend an SPF (sun protection factor) of 30 or higher for intense sun exposure, and an SPF of 15 or higher for daily use. **SkinCare Prescription**, the highly acclaimed product line from SkinCare Physicians, has an SPF 15 daily use sunscreen that contains anti-oxidants as well as glycolic acid to help protect and repair damaged skin.

PREVENTION and care of your skin have never been easier. With a few well chosen topical products and the right treatment plan, our physicians and aestheticians can help your skin look its best!

SkinCare Physicians News



Dr. Graber

Dr. Kim

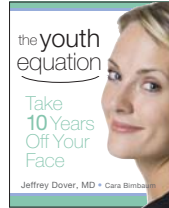
•Please join us in welcoming **Drs. Emmy Graber and Karen Kim** to our staff. They are both superb clinicians who bring their grace and skill to SkinCare Physicians. We are fortunate to have them!

•**SkinCare Prescription**, the exciting new product line developed exclusively by SkinCare Physicians, is now available on the web. Go to www.SkinCarePhysicians.net and click on the “Products” tab to learn more about what these terrific new products can do for your skin.

•SkinCare Physicians is now open **Thursday evenings** (cosmetic procedures and general dermatology) and **Saturdays** (laser hair removal and Intense Pulsed Light (IPL) treatments).

Our Physicians as Educators

•Dr. Dover’s newest book, *The Youth Equation*, has just been published. Dr. Dover gives you the knowledge and tools you need to make your skin look its best with just a handful of products, including SkinCare Physicians very own **SkinCare Prescription**. You’ll find useful information about assessing your skin’s health, which lotions and creams really work, as well as helpful tips to get the most from your skin care regimen. To learn more check out www.SkinCarePhysicians.net. *The Youth Equation* is available at SkinCare Physicians and most bookstores nationally.



•Dr. Rohrer has just released his latest text book for physicians, *Flaps and Grafts in Dermatologic Surgery*. This comprehensive educational text is the gold standard by which other reconstructive skin surgery books are measured.

•At a two day seminar at the Ritz Carlton (Boston), SkinCare Physicians doctors taught dermatologists from around the country the nuances of Botox and fillers as part of a nationwide educational effort by the American Society for Dermatologic Surgery.

Something Special for Valentines Day

Did you know that SkinCare Physicians **Gift Certificates** are available? They can be used for any services or products at SkinCare Aesthetics or SkinCare Physicians, including items such as facials, chemical peels, Botox, fillers (Restylane, Juvederm, and others), laser treatments, and our hot new product line, **SkinCare Prescription**. They can even be used for more adventurous procedures such as Thermage, liposuction, or hair transplants!

Until Valentine’s Day 2009, with the purchase of **any** gift certificate, you will also receive 25% off the purchase of any product, including **SkinCare Prescription!** This is a great time to do a little Valentine’s Day gift giving, while also getting a head start on improving the care of your skin!



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.

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. Kay Kane



Kelly Collins, PA-C

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