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Zeltiq: The New *Cool* Way to Remove Fat

Would you have ever thought fat could be removed without surgery? Science fiction, right? Well not any more! We are pleased to introduce to our patients Zeltiq, the first completely non-invasive technique that removes fat. SkinCare Physicians is one of a handful of centers in the world that has been hand-picked to offer Zeltiq.



Before Zeltiq®



After Zeltiq®

While there have been other companies and machines that have claimed to reduce fat without surgery, Zeltiq is the first and only one that actually does remove the fat, permanently. Several of our physicians have been involved with the research and development of Zeltiq from the beginning, and we have proven scientific evidence that Zeltiq does work. The procedure is a comfortable 2 to 3 hours and performed right in our office. There is no need for anesthesia or pain

medication, and during the procedure most patients read a book, listen to music, or watch television. The most common areas we treat are the hips, love handles, mid back and bra line, as well as the upper and lower abdomen.

The way Zeltiq works is through an ingenious method termed cryolipolysis. Essentially, when fat gets very cold

the body recognizes the fat as “melted” and then removes it over time through natural processes. It can take 2 to 6 months to see the final result from Zeltiq, and in some patients a second procedure can be of benefit. Research shows that as much as 25% of your unwanted fat can be removed in a single session. Come and ask us about this ground breaking technology. You will definitely be glad you did!

INSIDE THIS ISSUE:

- Zeltiq..... 1
- Introducing Dysport..... 1
- SCP Top 5 Skin Care Tips..... 2
- Wipe Away Aging Skin..... 2
- Did You Know?..... 2
- How Can I Tell the Difference... 2
- Hot Topics..... 3
- SkinCare Prescription..... 3
- SkinCare Physicians News..... 3
- Check Out Virtual SkinCare... 3

Introducing Dysport to Eliminate Wrinkles

SkinCare Physicians has been actively involved in the research and technique development with the newest member of the cosmetic family, Dysport. Very similar to Botox, Dysport is intended to be used for the treatment of wrinkles and furrows that are the result of muscle motion. Dysport and Botox are used around the eyes, between the eyebrows, on the forehead, around the mouth, and along the lower face and jawline to reduce wrinkles and predictably create smooth skin.

Botox has proven to be extremely safe and effective in the treatment of these types of wrinkles, and has been the mainstay of skin maintenance programs for many of our patients. With the introduction of Dysport, we have yet another option. Dysport has proven to be a safe and reliable alternative to Botox, and may offer some advantages over Botox. Available and approved in Europe for many years, Dysport is now FDA approved in the United States. Because of subtle differences in the Dysport molecule,

Dysport appears to give a smoother and more natural look for many of our patients when compared to Botox. There is some evidence that Dysport may also last a little longer than Botox, but that has yet to be conclusively determined. Safety is identical with both Dysport and Botox.

The next time you are in, ask our physicians about Dysport and how it might fit into your overall treatment plan. We are delighted to now be able to offer both Dysport and Botox, two highly effective and safe treatments with proven track records that our patients can rely on for smoother skin.



Before Dysport®



After Dysport®

SCP Top 5 Skin Care Tips

1. Winter itch? Avoid long, hot baths and showers. If you are someone who likes to plan your day in the shower, pour yourself a hot cup of tea instead!

2. Chapped lips? Use Aquaphor Healing Ointment nightly before sleep and whenever you venture out into the cold, wintery weather. Avoid camphor or phenol-containing lip balms, which may feel soothing at first, but ultimately worsen the chapping.

3. Flu season? Keep a small tube of hand sanitizer in your pocket or bag and apply it frequently (especially before meals, after using the restroom, and after social interactions).

4. Dry skin? Don't count on drinking more water to help. It's a myth that increased water consumption will hydrate your skin. Use a rich daily moisturizer to combat dry skin instead.

5. Cracked hands? Pick up several tubes of hand cream and place them wherever you might wash your hands. Hand creams work best if you apply them immediately after washing your hands. But if you are like most people, you will not use a hand cream if it is in the next room!

Have a question? SkinCare Physicians has some of the most skilled and expert dermatologists in the world. We are here to help.

Wipe Away Aging Skin with Fractional Lasers

What makes a person's skin look older? Wrinkles, fine lines, brown discoloration, acne scars, and a sallow complexion are all contributing factors. Wouldn't it be terrific if we could treat all of them with one single procedure? Well now we can, with the introduction of the latest generation of Fractional Resurfacing Lasers.



Pre Resurfacing



Post Resurfacing

There are two basic types of fractional resurfacing lasers, non-ablative and ablative. Non-ablative fractional lasers (Fraxel) have a relatively easy and short recovery (2-4 days), and can take 3 to 6 treatments to gently achieve the final result you seek over time. Ablative resurfacing is a bit more aggressive and has a longer recovery period (5-10 days), and in many cases can remove more skin damage in a single treatment than non-ablative treatments.

As one of the world's leading laser centers, SCP has 5 different fractional lasers, each of which does slightly different things. Your physician will help you decide which of these procedures is best for your skin and your lifestyle. One laser to remove all that sun-damage? Absolutely! Ask SkinCare Physicians how fractional laser skin resurfacing might fit into your overall skin treatment plan.

Did You Know?

•Hair Transplant surgery at SkinCare Physicians can restore the natural look you used to have. Both men and women benefit from this predictable, artistic procedure. With a superb success rate, our surgeons can create a custom fit, natural look in one short session.



Female Patient
Before Hair Transplant



Female Patient
After Hair Transplant



•SkinCare Physicians is one of the most highly respected dermatology practices in the United States. Our physicians have participated in over 1300 scholarly papers and articles, contributed to more than 100 textbooks, and have over 165 years of combined experience!

•Thermage has done it again. With the introduction of the new CPT platform, pain has become a thing of the past for this exciting skin tightening technology. More than 95% of patients get noticeable tightening of the face, jawline and neck in a comfortable 90 minute procedure, with absolutely zero recovery time. The abdomen responds nicely as well, especially for women who have a little bit of looseness or wrinkling they just can't get rid of. SCP is one of a handful of practices that has the new Thermage CPT platform, so the next time you are in please ask us what Thermage can do for you.

How Can I Tell the Difference Between a Harmless Mole and a Dangerous Melanoma?

Since melanoma is nearly 100% curable when discovered early, finding and treating melanoma as soon as possible is critical. Melanoma generally occurs on the surface of the skin, where it is there for everyone to see and diagnose. One thing on which all experts agree is that patients can be their own best doctor when it comes to checking your skin.

Benign moles are generally a) smaller than the head of a pencil eraser, b) uniform brown in color, and c) have smooth symmetrical edges.

Melanoma tends to a) grow more quickly and unevenly, b) have a few different colors (brown, black, purple, red), and c) have irregular asymmetric borders.

People at a higher risk for developing melanoma are those who have had multiple sunburns (particularly in childhood), have many atypical moles, or other family members diagnosed with melanoma. The most important thing to look for is a mole that is new or changing.

At SkinCare Physicians, we see any patient with a new or changing mole usually within a few days of calling for an appointment. Please call us if you have any of these signs...it may save your life!

Hot Topics

•Breakthrough in Treatment of Psoriasis with Stelara®

Living with the “heart break” of psoriasis just became easier. Dermatologists at SkinCare Physicians, in collaboration with researchers from around the world, have contributed to the approval of Stelara®, a groundbreaking new therapy now available for psoriasis. The approval of Stelara, and the role SCP played in its development, highlights SCP as a recognized global leader in both general and cosmetic dermatology.

•Get Slimmer & Tighter with Laser Assisted Fat Removal

The world of fat removal has literally exploded in the past two years, and as you would expect, SkinCare Physicians is at the forefront. In addition to the non-invasive pioneering work with Zeltiq, we have been actively involved in the evolution of laser lipolysis with devices such as SmartLipo and ProLipo.



Before Laser Lipolysis



After Laser Lipolysis

Laser lipolysis adds a powerful tool for our liposuction surgeons to use. The lasers help to tighten skin and remove that last thin layer of fat. In many cases, lasers are the difference makers to help produce those fantastic results our patients expect.

So come see for yourself the amazing options we have for removing fat. Regardless of which method you choose, the shape you have always wanted can be attained with the safety and expertise you have come to expect from SkinCare Physicians.

•Total Sun Protection SPF 70 from SkinCare Prescription

Our physicians have custom designed a water and sweat resistant, long lasting SPF 70 sunblock, *Total Sun Protection from SkinCare Prescription*. This one-of-a-kind sunscreen protects against UVA and UVB rays, will not leave you white, is non-comedogenic, and paraben free. You can pick up Total Sun Protection SPF 70 at our office, online at www.skincarephysicians.net, or by calling our office at 617-731-1600.



SkinCare Prescription: Proven Products to Make Your Skin Look and Feel Younger

Our acclaimed *SkinCare Prescription* product line has been available for nearly two years, and the positive reviews keep coming. *SkinCare Prescription* makes skin look younger, smoother, and healthier, and we now have proof that those results will last! Some of our most discerning patients have

made the switch to *SkinCare Prescription*, with comments such as “my old product line didn’t produce these kind of changes”, and “I really like the way the products feel.” Come and see for yourself what the switch to *SkinCare Prescription* can do for your skin.



SkinCare Physicians News

•Many of our physicians were spotlighted at the American Academy of Dermatology meeting in Boston this year. They taught a comprehensive live-demonstration course on how to perform fillers (Restylane, Juvederm, Radiesse), Botox, and Dysport to physicians from around the world. The SCP doctors truly are the world’s experts!



•SkinCare Physicians has Saturday and evening hours. Saturdays are available for Zeltiq, laser hair removal and Intense Pulsed Light (IPL) photorejuvenation treatments. On Thursday evenings we have availability for cosmetic and general dermatology appointments.

•Our research division is one of the most innovative centers of its kind. We perform dozens of high tech, cutting edge clinical trials each year on a wide range of problems including wrinkles, fat reduction, lip enhancement, and skin smoothing. Call Kathy Petrell at 617-848-1638 to learn more.



•Once again, doctors at SkinCare Physicians were named as the “Top Doctors” by *Boston Magazine*. SkinCare Physicians has been a fixture in the **Best of Boston** for over a decade!



SKINCARE AESTHETICS •The Rejuvenize Peel (*by SkinMedica*) is the latest addition to our superb SkinCare Aesthetics treatment menu. The Rejuvenize Peel provides controlled exfoliation of the uppermost damaged layers of the skin to reveal a fresher and healthier looking complexion, and is performed by our aestheticians in our relaxing SkinCare Aesthetics treatment suite. To schedule an appointment with our Aestheticians, please call 617-731-1600.

Check Out *Virtual SkinCare* from SCP

SkinCare Physicians has significantly expanded and enhanced our website and virtual media presence:

1. Request a consultation: At www.skincarephysicians.net, click the “Request a consultation” button to schedule a consultation with one of our world-renowned physicians.

2. Learn more about your skin and your health: Click on the “Patient Education Library” to take advantage of our dermatology education resource center. Research your own specific diagnosis, or learn about a cutting edge treatment.

3. Refine your skin care regimen: Click on “Products” to purchase our *SkinCare Prescription* products which are designed to offer a simple, scientifically based skin care regimen that will improve the appearance of your skin and complement the treatments offered by our physicians.

4. Keep informed about your skin and SkinCare Physicians: Become a fan of our Facebook page at www.facebook.com/SkinCarePhysicians. You will receive real-time updates on relevant media stories and highlights from our own practice and experience. Comment on and discuss these stories and issues with other fans under careful moderation from 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.

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. Jeffrey
Sobell



Dr. Tania
Phillips



Dr. Emmy
Graber



Dr. Karen
Kim



Dr. Katrinka
Heher



Dr. Kay
Kane



Kelly
Collins, PA-C

Aestheticians | Blepharoplasty | Botox | Collagen | Zeltiq | Dysport | 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