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## Look Younger in 15 minutes: True or False?

**D**efinitely true! The doctors at SkinCare Physicians have been perfecting techniques in minimally invasive rejuvenation for over a decade. With tools such as Botox, Dysport, Restylane, Sculptra, and Juvederm our skilled physicians can work miracles.

Only a few short years ago, facelifts were the gold standard. Not anymore. Due in large part to work by the world renowned experts at SkinCare Physicians, we now understand just what makes people look older. As we age our faces lose fullness, and this “volume loss” can make patients look tired, while others say they don’t look as young as they feel. Now that we know what makes you look and feel that way, we can fix it!

We can easily repair volume loss with filler materials such as Juvederm, Sculptra, and

Restylane. Following treatment the jawline appears smoother, eyes more vibrant, and dark circles markedly diminished. To complement volume restoration, we use Botox and Dysport to eliminate wrinkles of the forehead, between the eyebrows, around the eyes and lips, and on the neck. Over 16 million procedures have been performed worldwide with these products, and the safety profile is spectacular.

The absolute key to success is the skill of your physician. The tools we have are superb, but the final result relies directly on the ability of your doctor to custom fit the treatment to your individual features. Physicians from around the world travel to SkinCare Physicians to learn from our experts, but you have access to them right in your back yard. The results will be beautiful and natural, and yes, we can do it in less than 15 minutes!



Before Filler



After Filler

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## Zeltiq: Amazing Fat Removal Without Surgery

**W**e can make you slimmer without surgery. It is now as simple as that. The new CoolSculpting™ by Zeltiq delivers on the promise to eliminate fat without surgery or downtime, and it is absolutely remarkable!

FDA approved in September, 2010, Zeltiq is the most effective form of non-invasive fat removal available in the United States. SkinCare Physicians has been the worldwide leader in Zeltiq dating back to 2007, and has been pioneers in the research and development of this novel procedure. SkinCare Physicians has performed more Zeltiq procedures than any other practice in the world!

Zeltiq works through a process termed *cryolipolysis*. In a comfortable one to two hour procedure, small to medium sized fat pockets can be gently eliminated. A small applicator is placed over the area to be treated, and the fat slowly cooled. Once the desired cooling temperature has been reached, the affected fat cells are permanently eliminated.

Although some patients see results in as little as 2 months, it can take 3 to 4 months for your new shape to fully evolve. Many of our patients have described it as magical as they see their new slimmer shape appear before their eyes!

The tummy, hips, and love handles respond beautifully, and as we continue to evolve the technology the arms and thighs can be treated as well. Technology really can work wonders, and at SkinCare Physicians we continue to be the leader in ethically delivering the latest and most innovative scientifically valid technology to our patients. Let us show you what Zeltiq can do for you.



Before Zeltiq®

After Zeltiq®

## The *NEW* Thermage



Before Thermage®



After Thermage®

As world wide leaders in Thermage, SkinCare Physicians continues to evolve the procedure. With the delivery of another new technology upgrade in 2010, SkinCare Physicians is at the forefront of this exciting technology. Pain has now been almost completely eliminated, and results are more predictable and noticeable than ever. Nearly 100% of our patients get smoothing of their jawline and tightening of their neck and facial skin in a comfortable 60 minute procedure, with zero recovery.

Perhaps even more exciting is the observation that Thermage works beautifully as a preventive procedure. Men and women with early signs of facial skin laxity, usually in their late thirties to mid fifties, can achieve dramatic improvement. We think of it as freezing the hands of time. Results last 3 to 5 years, and patients come in for a touch-up when they see some laxity recurring. With all the minimally invasive tools our physicians have, prevention of aging is a reality, and easier than treating difficult wrinkles and sagging once they occur. Thermage is a terrific way to help you avoid more invasive surgery!

## SkinCare Prescription is All Grown Up!



Now in its 4th year, this innovative product line has won high praise from our patients. If you haven't tried SkinCare Prescription, 2011 is the year to see what these terrific products can do for you.

## Lasers: When Does 2 + 2 Equal a Perfect 10?



Before / After Fraxel®

Fractional lasers, the latest revolution in skin resurfacing, have transformed our approach to creating smoother, more even toned skin. By creating microscopic holes in the skin, these lasers produce results that

are greater than their minimally invasive nature would suggest. While many practices have one fractional laser, SkinCare Physicians has 7, each serving a unique role in helping us create a custom regimen for you. We have lasers that are superb for eliminating acne scars, others that help with fine lines and wrinkles, and slightly more aggressive lasers for deeper lines and more extensive sun damage.

The latest advance in fractional resurfacing is the Fraxel Dual Laser. The Dual smooths the skin surface, eliminates fine lines, evens out brown spots and discoloration, and can remove precancerous lesions. As an added bonus, these fractional lasers can be used on the neck, chest and hands to improve skin texture and color.

If you want skin that is smooth and lustrous, ask us how fractional lasers can help, and we'll show you how 2 + 2 equals a perfect 10!

## Are Sunscreens Dangerous?

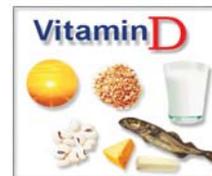
**No, no, and no!** There have been media reports over the past few years that sunscreens may be dangerous. This message is counter to the position of the American Academy of Dermatology, and goes against the belief of dermatologists around the world.



So where did this message come from? There are some that have played loose with the facts, trying to manipulate data to suggest that skin cancer rates are on the rise because of sunscreen use. That is rubbish. Skin cancer rates are on the rise because starting in the 1950's, tans became cool. Sun habits of Americans in the latter half of the 20th century were the perfect prelude to increasing skin cancer rates in the early 21st century. Patients are now also more aware of skin cancer risks, and thankfully are seeking dermatology care sooner and in greater numbers. We are seeing more skin cancer now because Americans got more unprotected sun exposure for the past 50 years. Sunscreens would have prevented that, not made it worse!

So lather up! Use a sunscreen with both UVA and UVB protection, and with an SPF of 30 or higher. And remember that sunscreens need to be reapplied every 2 hours, and every time after you or your children swim. Sunscreens work, but only when used properly.

## Should You Worry About Vitamin D Levels?



There are two primary sources of vitamin D. One is diet, and the other is through conversion of precursors into vitamin D in your skin following sun exposure. We know sun exposure can cause skin cancer, so dermatologists advise avoidance of unprotected sun exposure, especially during peak sunlight hours. Sun protection is paramount, and it will not completely eliminate the skin source of vitamin D but it can have a small impact. Therefore, dermatologists recommend use of an oral vitamin D supplement. Smart and safe sun protection, along with proper vitamin D dietary supplements can let you have the best of both worlds!

## When Should You Get a Skin Check by Our Dermatologists?

SkinCare Physicians recommends annual skin checks for anyone who has a few funny looking moles or a family history of skin cancer. A good time to plan this annual visit is around your birthday, so it becomes a routine part of your overall healthcare plan. Patients who have already had a skin cancer should discuss their care plan with our dermatologists, but in many cases should be seen



at least twice a year. Of course if you see any new or changing lesion, call us immediately and we will arrange a visit. Our dermatologists are some of the best in the world, and a short annual check up with them can save a life.

## The Wide, Wide World of Fat at SCP

Fat is the new frontier, and as usual SkinCare Physicians is right at the cutting edge. There are numerous companies looking at new ways to eliminate, modify, and transplant fat, and our physicians are key advisors and researchers for many of them.

Whether non- (Zeltiq, SmoothShapes) or minimally invasive (laser, Vaser liposuction), SkinCare Physicians has them all. All are performed in our state-of-the-art facility, and our doctors have literally written the books on these exciting and effective treatments. Whether you have a small bulge or larger area you want treated, it is probably much easier than you would think. Ask our superb physicians for their advice. The wide world of fat can be made much smaller at SCP!



Before Laser Lipolysis



After Laser Lipolysis

## Boston Magazine's Top Docs



An astounding 8 doctors from SkinCare Physicians were named as Boston Magazine's Top Doctors for 2010. This makes 10 years running that our physicians have been part of this exclusive group. The unprecedented number of doctors from SkinCare Physicians that were named Top Docs for

2010 is evidence of the world class care our staff provides. We continually strive to raise the bar for patient care, and we are proud of our doctors for this well deserved recognition!

## Hot Topics

### •No More Cellulite!

SkinCare Physicians is now offering *SmoothShapes*, a novel laser powered cellulite solution. Cellulite is a common skin condition that affects up to 98% of adult women, and can happen despite a healthy diet and consistent exercise. But nobody likes it!



The *SmoothShapes* laser offers an innovative, non-invasive way to treat cellulite safely and effectively, with long lasting results. The *SmoothShapes* regimen requires eight, 30-minute treatments that feel like a massage with no pain or downtime. Most patients complete their SmoothShapes treatments in about a

month, and require smaller touch-up sessions once or twice a year to maintain their new, smoother shape. Ask us about this exciting new technology the next time you are in. You'll be glad you did!



Before



After

### •New Treatment for Those Annoying Leg Veins

Polidocanol, which has been used safely in Canada for years, was recently approved by the FDA for treatment of small veins on the legs. The advantage of polidocanol is that it is virtually painless, and the safety and results are spectacular. With shorts and bathing suit weather around the corner, this is the perfect time to clean up those annoying little veins and get the legs you always wanted!

## SkinCare Physicians News

### •SkinCare Physicians Celebrates 10 Year Anniversary

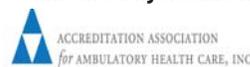
What was once a 3 physician, 12 employee small practice is now a thriving 15 physician, 80 employees group. We have become the go-to regional private practice in New England for general dermatology, and the acknowledged world leader in laser and cosmetic dermatology. We can't thank you enough for your support, and pledge to work even harder to earn your continued trust over the next 10 years!

### •SkinCare Physicians Welcomes Dr. Brooke Sikora



SkinCare Physicians welcomes Brooke Sikora, M.D. to our superb team of dermatologists. Dr. Sikora, originally from Ohio, trained in Oregon and has family in New England, and after a nationwide search was hand-picked to join SkinCare Physicians. She will be treating both adult and pediatric dermatology patients, and we are eager to welcome Dr. Sikora to the SkinCare Physicians family!

### •SkinCare Physicians Receives Prestigious AAAHC Accreditation



SkinCare Physicians has received the highest praise possible in a 3 year certification from the Accreditation Association of Ambulatory Health Centers (AAAHC). A voluntary and rigorous process, AAAHC certification is the gold standard by which medical practices are judged. AAAHC certification means that SkinCare Physicians meets the highest standards in the United States, including quality of patient care, patient confidentiality, safety and efficiency of our staff and facility, and is central to our mission as a leading provider of medical care.

### •The Fertility Clinic



SkinCare Physicians is proud of its family-first philosophy. With over 80 employees, we strive to be a wonderful place to work and a strong supporter of our staff and the local community. Since our inception in 2000, our staff has given birth to over 30 children (including a set of twins!), with our newest arrival in September, 2010. The SkinCare Physicians family continues to grow, and we couldn't be happier for all the new moms and dads in our midst!

## Did You Know?

•SkinCare Physicians has a beautiful, brand new infusion center for the treatment of Psoriasis.



•SkinCare Physicians has Saturday hours for laser hair removal, Zeltiq, photorejuvenation, and cellulite removal with SmoothShapes.



•SkinCare Physicians has gone 21st century with Facebook. Get up to date news and highlights, and become a part of this growing community!



•SkinCare Aesthetics has received a makeover! SkinCare Aesthetics is now under the direction of Beth Hartigan, who has helped run SkinCare Physicians for many years. Beth has brought new vision and leadership to SkinCare Aesthetics, so come visit and see what these exciting new changes can do for your skin.

### Our Mission

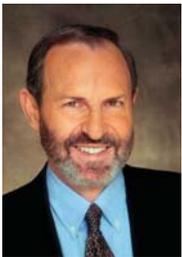
We strive to bring our experience and commitment to academic and clinical excellence to our practice through the latest in medical, surgical, cosmetic, and laser services. At SkinCare Physicians, we offer a broad range of treatments to our patients who have dermatologic, aesthetic, skin cancer, cutaneous, 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 | Brown University



Dr. Kenneth  
Arndt



Dr. Jeffrey  
Dover



Dr. Michael  
Kaminer



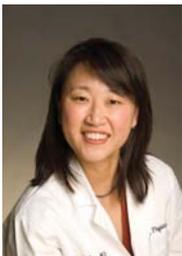
Dr. Robin  
Travers



Dr. Thomas  
Rohrer



Dr. Jeffrey  
Sobell



Dr. Karen  
Kim



Dr. Brooke  
Sikora



Dr. Tania  
Phillips



Dr. Katrinka  
Heher



Dr. Kay  
Kane



Kelly  
Collins, PA-C