Fall/Winter 2010

Good Skin Care Makes Sense

People know they need to exercise and eat an appropriate diet to maintain and promote good health. It makes sense for us to put the same amount of effort into preventing damage to the skin and face, which can lead to aging changes and even skin cancer.

"Sun, environmental exposure and age combine to damage the elastin or collagen of the skin," says cosmetic dermatologist Mollie MacCormack, MD. "The resulting loss of elasticity leads to wrinkles and sagging skin. Exposure to the sun over the years also causes brown spots and changes in the skin that may include precancerous lesions. All of these age-related changes can be lessened a great deal by preventive care—frequent use of sunblock, adequate hydration by drinking water, and use of appropriate skin care products for the face."

Exfoliation can help remove dead, damaged external skin layers and stimulate the production of new skin and collagen. Microdermabrasian and Retin A and vitamin C products help to enhance the exfoliation process.

Noninvasive options for treating existing sun damage and age-related changes are also available:

- Microdermabrasion and skin peels can improve skin tone and texture
- Laser treatments can obliterate brown spots and vascular lesions on the face
- Botox® or injectable fillers can minimize fine lines

"Simple injections of Botox can relax frown lines and crow's feet," says plastic surgeon Christine DiEdwardo, MD. "Although Botox injections have to be repeated (usually every four to six months), they are much less expensive than surgery, require no down time, and pose no surgical risk. Injectable fillers soften lip lines, nasolabial folds, and marionette lines. There are also newer products on the market that add volume to the cheeks and temple areas to create a more youthful appearance."

These procedures can be done during a lunch hour—there is no need for patients to clear their schedules for recovery.

For more information or to schedule your next appointment at the Lahey Center for Cosmetic and Laser Surgery, please call us toll-free at 1-877-867-0707.



Skin Care Specials

New treatment Pumpkin Peel

This peel combines the exfoliating power of glycolic and salicylic acids with natural active pumpkin enzymes that exfoliate dead skin cells to reveal smoother skin. It brightens the skin and is an ideal peel prior to a special event.

Just in time for the holidays, receive 20% off! (Retail value \$75)
Offer expires 12/31/10

Product special Obagi-C Rx System

Vitamin C is the only topical antioxidant proven to stimulate collagen synthesis and protect your skin by minimizing future skin cell damage.

For a limited time, receive 15% off any Obagi–C Rx System products!

Offer expires 12/31/10

Join Us for a Free Seminar

*Improving the Signs of Aging: How to Turn Back Time without Surgery*November 17, 6 to 7 pm

Lahey plastic surgeon Christine DiEdwardo, MD, FACS, will discuss the newest laser techniques and latest nonsurgical solutions for rejuvenation of the face.

To register, please call 1-800-604-2703.

Put your best face forward.

Now offering 20% off your Botox treatment. *Offer expires* 12/31/10

1-877-867-0707

www.lahey.org/cosmetics





Take control of your skin

| Age | Concerns | Treatment Options |
|---------------|---|---|
| In your 20s | AcneSun and environmental exposureUnwanted hair | Advanced skin care products Topical medications and therapies Microdermabrasion Micropeel/Micropeel Plus Laser hair removal Sun avoidance/sunblock |
| In your 30s | Fine lines (frown lines, crow's feet, lip lines) Brown spots Spider veins | All of the above, plus • Laser treatments for blood vessels, brown spots and other vascular aging changes • Botox • Injectable fillers • Sculptra |
| 40s and above | "Tired" look "Angry" look Sagging skin Puffy eyes Deep wrinkles Loss of volume | All of the above, plus • Lasers/skin resurfacing • Eyelid surgery • Browlift • Facelift • Body contouring |



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