



LASER & SKIN SURGERY NEWS

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WHO IS NEW AT OUR CENTER

Julie K. Karen, MD is a board certified dermatologist who specializes in Mohs micrographic surgery, dermatologic and laser surgery, and cosmetic dermatology. Dr. Karen graduated summa cum laude from Princeton University, where she also was elected to Phi Beta Kappa. She received her medical degree from the Weill Medical College of Cornell University where she was elected to Alpha Omega Alpha, the national medical honors society, and graduated first in her class. Dr. Karen received the Clarence C. Coryell Prize for highest achievement in medicine, the John Metcalf Polk Prize for top scholastic performance, and the Janet M. Glasgow Memorial Award given to the top female graduate. She completed her residency training at the Ronald O. Perelman Department of Dermatology at New York University (NYU) Medical Center where she served as Chief Resident and received the Morris Leider Award for Excellence in Dermatology. Dr. Karen completed a Procedural Dermatology Fellowship at NYU and Memorial Sloan-Kettering.



Lori Brightman, M.D. is a Board Certified Dermatologist. After graduating cum laude from Boston College, Dr. Brightman received her masters in medical science and medical degree from Boston University Medical School where she was elected to Alpha Omega Alpha, the national medical honors society. She was also the recipient of the Bertha Curtis Humanitarian Award. Dr. Brightman completed her residency training at Boston University /Tufts New England Medical Center combined program. Dr. Brightman continued her training in Skin Oncology at Boston University as well as Mohs micrographic surgery and procedural dermatology at the Laser & Skin Surgery Center of New York. Dr. Brightman's focus is in body contouring. She has helped develop multiple non-invasive devices for the reduction of size in certain body areas and to increase tone in lax or redundant skin.



Hours of Operation

For the convenience of our patients, we are open Monday through Friday, several weekend days a month (with the exception of July and August) and we offer evening appointments on Tuesday, Wednesday and Thursday.

Only left side treated. (A)



NEW TREATMENT FOR BRUISING

We have just completed a study using one of our lasers for the treatment of bruising. Our patients have found this to be a very valuable approach towards clearing up bruises that occur following injections, surgery, and injury. The procedure is quick and relatively painless.

There are many fillers available at our center, as follows: Cosmoderm, Cosmoplast, Restylane, Perlane, Juvederm, Radiesse, Prevelle Silk, Evolence, and Sculptra

The use of fillers for soft tissue augmentation has grown in popularity among younger individuals who choose to intervene at an earlier stage of wrinkle development, and they continue to be popular alternatives to face lifts in older women and men. Fillers can provide desirable cosmetic results without the downtime associated with traditional surgical procedures. Fillers can be used to improve the appearance of fine lines, deeper wrinkles, and acne scarring. Additionally, fillers can be used for facial contouring and volume correction.

The use of fillers for subcutaneous augmentation is safe, effective, and convenient. Most of these substances can be administered on the day of consultation.

Two of the latest fillers available at our center are:

Prevelle Silk, the latest hyaluronic acid product, can be used to improve the appearance of moderate to severe facial folds and wrinkles. This product contains lidocaine to minimize pain associated with injection.

Evolence, the most recently FDA-approved filler, is a collagen product which is cross-linked with sugar molecules to allow for longer duration. The results with Evolence are seen immediately, and preliminary data suggests wrinkle correction lasting as long and possibly longer lasting than other fillers.



Body Contouring and Shaping is beneficial to patients of all ages regardless of gender.

A common concern we hear from our patients is the inability to reduce their size (regardless of dieting and exercise). Sagging skin and cellulite are also common problems. We are able to use non-invasive technology to achieve a reduction in size of certain body areas, increased tone in lax or redundant skin and a diminished appearance of cellulite.

Velashape is the first and only non-surgical FDA-cleared medical device for the Body Reshaping. It is a technology that uses radiofrequency, infrared light and suction to cause fat cells to shrink in size and collagen to contract and tighten. Velashape is a safe, non-surgical treatment with no downtime and is virtually painless. Treatments take approximately 20-30 minutes per treatment area. Multiple treatments are required.

Thermage, is a radiofrequency device which allows us to achieve significant tissue remodeling by safely stimulating collagen causing contraction. The result is noticeable tightening without surgery and without downtime. In many patients, only a single treatment is required. The treatment can take 1-1.5 hours depending on the size of the area being treated.

Cellulite is safely and effectively treated with Velashape; the first FDA class II device cleared for cellulite treatment. Thermage treatments may also help diminish the appearance of cellulite.

Vitamin D & Sun Exposure

On the one hand, your dermatologist preaches: "Avoid the sun!" On the other hand, you've been hearing reports that exposure to the sun helps to maintain adequate levels of important vitamin D. How are you to reconcile these two conflicting pieces of advice?!

Vitamin D is indeed essential to proper bone health and immune system functioning. Recently, vitamin D has been reported to protect against elevated blood pressure and various cancers (including breast, colon and prostate).

Humans obtain vitamin D from diet, supplements and exposure to the sun. Foods rich in vitamin D include oily fish (i.e., salmon, mackerel, trout) and cod liver oil, and foods fortified with vitamin D - orange juice, milk, some cereals and yogurts. Vitamin D supplements are readily obtained and inexpensive. Finally, human skin synthesizes vitamin D after exposure to the sun's ultraviolet B (UVB) rays. However, the skin's ability to produce Vitamin D is limited and is achieved by most Caucasians after only a few minutes of midday sun. Individuals with darker skin and the elderly have a diminished capacity to manufacture vitamin D and are at risk for deficiency if they rely on the sun as their source of vitamin D.

Although our bodies do make some vitamin D in response to sun exposure, intentional UV exposure in order to increase vitamin D levels is not advised. UV radiation is linked to skin cancer, cataracts and immune system suppression. Moreover, UV exposure leads to "photoaging" - wrinkling, pigmentation and roughness of the skin.

Bottom line: Prevention of vitamin D deficiency is best achieved by eating a balanced diet and taking daily oral supplement. Maintaining proper sun protection to avoid skin cancer and aging of the skin remains critically important!

Recent Treatment Advances

Body After Baby

We offer the latest treatments for the body and skin post-pregnancy.

With the large number of A-list celebrities giving birth recently, including Hollywood stars, many women want to know how these glamour gals get back to their pre-baby bump shape. Fortunately, new moms can benefit from the latest cutting edge technology available at the Laser & Skin Surgery Center of New York to treat four common concerns once the little bundle or bundles of joy arrive.

Tightening and Body Contouring

Non-invasive, VelaContour head from VelaShape™ to tighten the abdomen after pregnancy. Clinical trials have shown that these treatments using the non-invasive device can help new moms lose the extra "baby inches" around the waist.

Stretch Marks

With the use of the Fraxel Re:pair and Fraxel re:store lasers, we are able to improve the color and texture of stretch marks after multiple treatments. We also use the pulsed dye V-beam laser for early red stretch marks. Our recent clinical trial results, just published in the medical journal *Journal of Drugs in Dermatology*, showed that newer, red stretch marks respond more favorably to treatment than older, white marks. In other words, for best results, start treatment early!

FIND THE LASER THAT IS RIGHT FOR YOU!

Lasers offer a unique way to treat a wide variety of skin problems with minimal pain and invasiveness.

All of these devices are available at our center.

YOUR PROBLEM	YOUR SOLUTION
Acne	Clearlight and Clear XL 100, Isolaz, Smoothbeam, Starlux IPL, Photodynamic Therapy
Acne Scarring	ActiveFX, Carbon Dioxide Ultrapulse, CoolTouch III, Erbium: YAG, Fraxel Re:pair, Fraxel Re:store, Smoothbeam
Actinic Chelitis	Carbon Dioxide Ultrapulse, Erbium: YAG, Fraxel Re:pair, Photodynamic Therapy
Actinic Keratosis	Photodynamic Therapy, Fraxel Re:pair
Age Spots	Q switched Alexandrite, Q switched Nd: YAG, Q switched Ruby, Starlux IPL, Wavelight
Angiomas	Cynergy, Gemini KTP, Pulsed Dye Laser, V Beam Perfecta Pulsed Dye Laser
Basal Cell Carcinoma	Mohs Micrographic Surgery
Birthmarks	Cynergy, Erbium: YAG, Medlite, Q switched Ruby, V Beam Perfecta Pulsed Dye Laser
Broken or Enlarged Vessels	Cynergy, Gemini KTP, PhotoGenica V-Star, Pulsed Dye Laser, Starlux IPL, V Beam Perfecta Pulsed Dye Laser
Cafe au Lait	Q switched Alexandrite, Q switched Nd: YAG, Q switched Ruby
Cellulite	ThermaCool, Velashape
Crows Feet	Carbon Dioxide Ultrapulse, CoolTouch III, Erbium: YAG, Fraxel Re:pair, Fraxel Re:store, Rhytec Portrait PSR3 plasmakinetic resurfacing, ThermaCool
Epidermal Nevus	Carbon Dioxide Ultrapulse, Erbium: YAG, Fraxel Re:pair, Gentlelase Long Pulsed Alexandrite, Q switched Alexandrite, Q switched Nd: YAG
Facial Redness	Apogee Elite, Cynergy, Gemini KTP, Starlux IPL, V Beam Perfecta Pulsed Dye Laser
Fine Facial Lines and Wrinkles	ActiveFX, Carbon Dioxide Ultrapulse, CoolTouch III, Erbium: YAG, Fraxel Re:pair, Fraxel Re:store, Q switched Nd: YAG, Rhytec Portrait PSR3 plasmakinetic resurfacing, Smoothbeam, ThermaCool, Titan
Folliculitis	Apogee Elite, Gentlelase Long Pulsed Alexandrite, GentleYAG Long Pulsed, Lightsheer Diode, V Beam Perfecta Pulsed Dye Laser
Hemangiomas	Cynergy, Gemini KTP, Pulsed Dye Laser, V Beam Perfecta Pulsed Dye Laser
Hypopigmentation	BClear Re-lume, Fraxel Re:pair, Fraxel Re:store, Starlux IPL
Junctional Flat Nevi	Gentlelase Long Pulsed Alexandrite, Q switched Alexandrite, Q switched Nd: YAG, Q switched Ruby
Leg Veins	PhotoGenica V-Star, Pulsed Dye Laser, Q switched Nd: YAG, V Beam Perfecta Pulsed Dye Laser
Melasma	Fraxel Re:pair, Fraxel Re:store, Q switched Nd: YAG
Moles	Fraxel Re:pair, Fraxel Re:store
Nevus of Ota	Q switched Alexandrite, Q switched Nd: YAG, Q switched Ruby
Poikiloderma of Civatte	Fraxel Re:store, Pulsed Dye Laser, Q switched Nd: YAG, V Beam Perfecta Pulsed Dye Laser
Port Wine Stains	Cynergy, PhotoGenica V-Star, Pulsed Dye Laser, V Beam Perfecta Pulsed Dye Laser
Psoriasis	BClear Re-lume, V Beam Perfecta Pulsed Dye Laser
Redness	Gentlewaves, PhotoGenica V-Star, V Beam Perfecta Pulsed Dye Laser
Rhinophyma	Fraxel Re:pair
Scar Removal	Erbium: YAG, Fraxel Re:pair, Fraxel Re:store, PhotoGenica V-Star, Pulsed Dye Laser, Rhytec Portrait PSR3 plasmakinetic resurfacing, V Beam Perfecta Pulsed Dye Laser
Skin Cancer	Mohs Micrographic Surgery
Skin Laxity	ActiveFX, Fraxel Re:pair, Fraxel Re:store, Q switched Ruby
Squamous Cell Carcinoma	Mohs Micrographic Surgery
Stretch Marks	Fraxel Re:pair, Fraxel Re:store, PhotoGenica V-Star, V Beam Perfecta Pulsed Dye Laser
Syringoma	Carbon Dioxide Ultrapulse, Erbium: YAG, Fraxel Re:pair
Tattoos	Q switched Alexandrite, Q switched Nd: YAG, Q switched Ruby, Wavelight
Telangiectases	Gemini KTP, Pulsed Dye Laser, Starlux IPL, V Beam Perfecta Pulsed Dye Laser
Tuberous Sclerosis	Erbium: YAG, Fraxel Re:pair
Unwanted Hair	Altus Laser, Apogee Elite, Gentlelase Long Pulsed Alexandrite, GentleYAG Long Pulsed, Lightsheer Diode
Venous Lake	Cynergy, Gemini KTP, Pulsed Dye Laser, V Beam Perfecta Pulsed Dye Laser
Vitiligo	BClear Re-lume, Fraxel Re:pair, Fraxel Re:store
Wrinkles	ActiveFX, Fraxel Re:pair, Fraxel Re:store, Rhytec Portrait PSR3 plasmakinetic resurfacing
Xanthelasma	ActiveFX, Carbon Dioxide Ultrapulse, Erbium: YAG, Fraxel Re:pair

Varicose Veins

Many women develop gnarled, enlarged veins in the legs and feet. Varicose veins are best treated using sclerotherapy, where solutions are injected into the vein, causing it to collapse and eventually recede. Different types of laser therapy are also offered for the smaller, red vessels.

Melasma or “Mask of Pregnancy”

Tan or dark facial skin discolorations on the upper cheek, nose, lips, upper lip, and forehead can be common when expecting. Bleaching agents such as hydroquinone or triluma with sun protection can improve mild cases, while more severe cases can be improved with Fraxel Re:pair, Fraxel Re:store or the nd:YAG laser.

TREATMENT OF SCARS

With our wide range of advanced technologies and techniques, the laser treatment of scars has become increasingly popular amongst our patients. We are treating scars of all types including surgical scars, acne scars, raised scars, burn scars, red scars, depressed scars, and some white scars. These laser procedures are usually well tolerated and most of them have minimal healing time.

ACNE SCARRING AND ACNE TREATMENT

Acne Scarring:

Patients frequently come to the office with hopes of improving scarring from acne.

Fractional resurfacing has revolutionized our treatment armamentarium for undesirable scars. The Fraxel re:store is a non-ablative laser which can improve texture and contour irregularities. Several treatments are necessary, but downtime with this procedure is minimal.

We also offer several options for ablative fractional laser resurfacing (Fraxel Re:pair, Deep FX and Max FX) for those patients who are willing to accept slightly more down time but prefer fewer treatment sessions. Our physicians are amongst the first to have published articles in the medical literature on fractional resurfacing and we are intimately involved with the clinical development of these devices.

Acne Treatment:

If you have not responded to traditional therapy, such as topical agents and oral antibiotics, there are several other options available. The Isolaz light system has been proven effective in the fight against acne. A combination of suction on the surface of the skin to clean clogged pores and light energy to destroy acne producing bacteria can help diminish acne. There is also continued success in treating resistant acne utilizing the Clearlight light system when combined with photodynamic therapy and the Smoothbeam laser. The later laser system also plays a significant role in reducing enlarged pores and acne scars. These treatments are often performed on a biweekly basis with results often seen after the first few sessions.

Recent Publications / Chapters / Journal Articles from our Physicians:

Journal Articles

Treatment of Radiation-Induced Dermatitis with Light Emitting Diode Photomodulation. *Lasers in Surgery and Medicine* 2007 (39)2:164-68

Redarkening of Port Wine Stains 10 Years after Laser Treatment. (Rebuttal) *New England Journal of Medicine* Jun 2007 356;26:2745-46

Efficacy of Early Treatment of Facial Port Wine Stains in Newborns: A Review of 49 Cases. *Lasers in Surgery and Medicine* 2007 Aug. (39) 7: 563-68

Deep Venous Thrombosis Following Mohs Micrographic Surgery: A Case Report. *Dermatologic Surgery* 2008 Mar; 34 (3); 414-7.

Fractional Photothermolysis. *Journal of Drugs and Dermatology* 2008 Feb; 7(2); 118-22.

The Vitamin D Dilemma. *Skin Care Foundation Journal*. 2008; Vol XXVI: 29-31.

Basal Cell Carcinoma Arising 57 Years After Interstitial Radiotherapy of Nasal Hemangioma. *Journal of Dermatologic Surgery* 2008; 34: 1-4

Imiquimod Recurrence Treatment with Mohs Surgery - Intraoperative Frozen Section Appearance of Recurrent Basal Cell Carcinoma: Lessons for the Clinician. *Journal of Dermatologic Surgery* (In Press)

Reversal of Laser-Induced Hypopigmentation with a Narrow Band UVB Light Source in a Patient with Skin Type VI. *Journal of Dermatologic Surgery* 2008; 34: 1-4

Topical Methyl Aminolevulinate Photodynamic Therapy in Patients with Multiple Actinic Keratoses: A Randomized, Double-blind, Placebo-controlled Study. *Journal of the American Academy of Dermatology*

Tightening and Improved Eyelid Aperture Through Fractional Resurfacing. *Dermatologic Surgery*. (In Press)

Thermage: Non-Ablative Radio-Frequency for Rejuvenation. *Journal of Clinics in Dermatology*. (In Press)

Successful Treatment of Acneiform Scarring with CO2 Ablative Fractional Resurfacing. *Lasers in Surgery and Medicine*; 2008 40:381-386

The Safety and Efficacy of Fractional Photothermolysis for Correction of Striae Distensae. *Journal of Drugs in Dermatology*; 7(a):2-6

Fractional Resurfacing for Hypertrophic Scars. (Commentary) *Journal of Dermatologic Surgery*; (In Press)

Non-ablative Fractional Lasers: A Comparison. (Commentary) *Journal of Dermatologic Surgery* (In Press)

A Modified Technique for Processing Mohs Wedge Excisions. *Derm Surg* 2008 (in press).

Pyoderma Gangrenosum With Pathergy in a Pregnant Patient Without Associated Systemic Disease". 2008;81:255-258

Pulsed Dye Laser with Dynamic Cooling Zaps Pediatric Hemangiomas" *Skin & Allergy News*.

Book Chapters

Mohs Micrographic Surgery Grabb and Smith's Plastic Surgery. 2007, pp 115-119.

Cosmetic Applications in Lasers and Other Light Sources, Fitzpatrick's Dermatology in General Medicine, 7th Edition. (In Press)

Radiofrequency for Tissue Tightening. *Aesthetic Plastic Surgery*. (2008)

Laser Pearls, Lasers in Dermatology and Medicine. (In Press)

Radiofrequency and IPL Tissue Tightening. In *Body Rejuvenation* (In press).

Revision of Disfiguring Surgical Scars of the Back In *Body Rejuvenation* (in press).

Telepathology in Mohs Surgery. In *Telepathology* (in press).

For more information about the practice and our services, please visit our website at www.laserskinsurgery.com

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