### Recent Publications From Our Physicians

<table>
<thead>
<tr>
<th>Year</th>
<th>Title</th>
<th>Journal</th>
<th>Page(s)</th>
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</thead>
<tbody>
<tr>
<td>2006</td>
<td>Treatment of Multiple Familial Trichophiilomiasis with a Combination of Aspirin and a Neutralizing Antibody to Tumor Necrosis Factor Alpha: A Case Report and Hypothesis of Mechanism. Arch Dermatol.</td>
<td>142:678-231</td>
<td></td>
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<tr>
<td>2006</td>
<td>Repair Conundrum; defect involving both the epidermis and vermilion lip.</td>
<td>Dermatol Surg</td>
<td>32:287-285</td>
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<tr>
<td>2006</td>
<td>Imiquimod Recurrence Treatment With Mohs Surgery: Retrospective Frozen Section Appearance of Recurrent Basal Cell Carcinoma: Lessons for the Clinician.</td>
<td>Reversal of Laser-Induced Hypopigmentation with a Narrow Band UVB Light Source in a Patient with Skin Type VI.</td>
<td>dermatol Surg</td>
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</tbody>
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### Articles In Press

- The Vitamin D Diet
- Neutrogena Sunblock
- Topical Methyl Aminolevulinate Photodynamic Therapy in Patients with Multiple Actinic Keratoses: A Randomized, Double-blind, Placebo-controlled Study.

### Chapters

- Cosmetic Applications in Lasers and Other Light Source Treatments in Fitzpatrick’s Dermatology in General Medicine, 7th Edition. McGraw Hill (Publisher) 2007

### Fraxel Repair

**What’s New In Our Research Department?**

- **Study**: Fraxel Repair study for subjects who are ages 18 and over with a history of acne scars, forming a lesion on the face and neck. The new device, Fraxel Repair, has been approved by the FDA for the treatment of acne scars. The study aims to evaluate the safety and efficacy of Fraxel Repair in reducing the appearance of acne scars.

**On the Cutting Edge**

There have been many advances in the field of laser and cosmetic dermatology in the past several years. The nature of our practice has changed dramatically to reflect the improvements in the treatments that we can provide to our patients.

The most significant trend is the noninvasive approach to many skin conditions and cosmetic concerns. Many of our laser and light source treatments are now designed to minimize the signs of aging and other conditions without the need for invasive treatments causing significant downtime. These improvements have been seen in the treatment of sun damage, age spots, wrinkles, tissue volume loss, skin laxity, blood vessels of the face and legs, birthmarks, tattoos, excess hair, stretch marks, changes in skin pigmentation and precancerous growths.

**Fraxel Repair**

- **Before**
  - Acne scars on the face
- **After**
  - Reduced appearance of acne scars

**What’s New In Our Research Department?**

- **Tattoo Removal**
  - Study participants will be ages 18-40 tattoos, 40mm x 100mm (1½ inches x 4 inches) Subjects must not have a suntan nor have had tattoo treatment for at least three months.
- **Basal Cell Carcinoma**
  - Study participants will be adults ages 30 and over with a biopsy proven basal cell carcinoma on the trunk or extremities and not have used oral retinoids or photosensitizing drugs for at least 24 months prior to the study.
- **Cellulite**
  - Study participants will be ages 18 and over with cellulite.
- **Fat Removal**
  - Study participants will be ages 18 and over with love handles.
- **Forehead Rhytides**
  - Study participants will be ages 18 and over forehead wrinkles.
- **Sun Damage**
  - Study participants will be ages 30 and over with sun damage of the face and neck.
- **Hypertrophic Scars**
  - Study participants will be ages 18 and over with raised scars.

**What’s New In Our Research Department?**

- **Study**: Call the Research Department to volunteer for the following trials:
  - **Tattoo Removal**
  - **Basal Cell Carcinoma**
  - **Cellulite**
  - **Fat Removal**
  - **Forehead Rhytides**
  - **Sun Damage**
  - **Hypertrophic Scars**
Active FX
Fine lines and photodamage

Aepoge Elite
Unwanted hair

Clearlight and Clear XL 1000
Acne and photodynamic therapy

CoolTouch III (Nd:YAG)
Fine lines, superficial wrinkling and acne scars

Fraxel Repair (CO2)
Scars, wrinkles and sun damage

Fraxel ReStore (1500)
Acne scars, melasma, stretch marks, enlarged pores, and post-surgical scars

Fraxel RePair (CO2)
Scar removal, and post-surgical scars

Gemini
Brown spots, Nevus of Ota, tattoos (black toos, Café- au-Lait and Nevus of Ota colors

Isolaze
Acne

Medlite
Tattoo removal on dark skin, red tattoo cooler months.

Q-switched Ruby
Brown spots, nevi, tattoos, traumatic tatoos, Café- au-Lait and Nevus of Ota

Q-switched Ruby Siron
Brown spots, Nevus of Ota, tattoos (black & green) and pigmented lesions

Q-switched Nd:YAG
Tattoos (red, black & green)

Rhytec Portrait PRSK (plasmakinetic resurfacing)
Fine lines of face and neck and scars

Smoothbeam
Acne, acne scars and seborrheic hyperplasia

Starlux IPL
Unwanted hair for all skin types, pigment- ed lesions and vascular lesions

ThermoCool
Skin tightening

Titan
Laxity of face, neck and abdomen

V-Beam Perfecta (Pulsed dye laser)
Capillary vascular malformations (port wine stains, hemangiomas), Poikiloderma of Civatte, red raised scars and to diffuse redness

Volushe
Body contouring

WaveLight
Tattoos and brown spots

The The Following Laser, Light and Radiofrequency Devices Are Available at Our Center:

The following devices are available at our center:

**Sun Protection**

Recently, the FDA has proposed a new regulation on sunscreen labeling to include a UVA rating. The commonly used SPF label has referred only to the ability of a sunscreen to block UVB rays. Ultraviolet A (UVA) rays are longer than UVB rays. These are the rays that can damage the skin when least expected - they penetrate through clouds, car windows and glass windows, so it is important to protect your skin every day year-round. The new FDA regulation acknowledges that ultraviolet sun exposure increased the risk of skin cancer in addition to premature aging of the skin (wrinkles, sunspots, and texture changes). The physicians at the Laser & Skin Surgery Center of New York are equipped to treat all forms of sun damage.

**Who is holding the laser?**

The physicians at the Laser & Skin Surgery Center of New York have the latest technologies available in the area of laser hair removal. Hair Today, Gone Tomorrow

Laser hair removal is one of many laser techniques which was developed and studied at the Laser & Skin Surgery Center of New York. It is a very popular and successful means to eliminate unwanted hair from any body location. Unlike traditional electrolysis which removes one hair at a time, laser hair removal affects many hairs with each pulse. Beyond the obvious benefit of having less hair, laser hair removal has been useful in the elimination of grown-in hairs, or pseudofolliculitis, and minimizing the shadow effect caused by coarse hair on the face of both men and women, even after a close shave. In the past few years, requests for hair removal have increased to include locations of the back, chest, bikini, underarms, legs, and face. Laser hair removal is one of the most effective treatments available for this condition, and it provides long-lasting results.

**Recent Treatment Advances**

Fillers

Fillers can provide outstanding cosmetic results without the downtime associated with traditional surgical procedures. Filler substances can be used to improve the appearance of fine lines, deeper wrinkles and folds, and acne scars. Additionally, fillers can be used to enhance the fullness of the lips and for facial contouring. Fillers have grown in popularity among younger individuals who prefer to intervene at an earlier stage of wrinkling development, and they continue to be popular alternatives to face lifts in older women and men.

Most fillers can be administered on the day of consultation with the use of a topical anesthetic immediately prior to injection. Our list of available fillers continues to expand to better satisfy individual needs. Our physicians are currently using Restylane, Juvederm, Sculptra, Radiance, Hylaform and Collagen. We are also now offering, Perlane, a hyaluronic acid filler with a larger gel particle size, which has been approved by the FDA this year for moderate to severe facial folds.

Skin Cancer

The incidence of skin cancer continues to rise faster than any other cancer. Fortunately, most skin cancers are completely curable when they are detected early. All physicians at the Laser & Skin Surgery Center of New York are fellowship-trained in the diagnosis and treatment of all types of skin cancer. All of our physicians are fellows of the American College of Mohs Surgery, a technique which affords the highest cure rate and best cosmetic outcomes in the treatment of basal and squamous cell carcinomas.

New Acne Treatment

The Laser & Skin Surgery Center is pleased to announce the Isolaz, the only FDA approved device that uses suction and light to treat acne. Isolaze is unique because it uses a vacuum to clean pores and then applies a light to kill acne causing bacteria. In initial studies, patients saw significant reduction in both sized and acne lesions after up to 8 weeks of treatment. In our practice, treatments are well tolerated with little discomfort or side effects. For more information about Isolaz and to find out if you are a candidate for the procedure, come in for a consultation.

Tissue Tightening

Tissue tightening is improving as new devices are coming on the market and the older devices are continuing to improve. We currently have several tissue tightening lasers and radiofrequency in the office including the newest Thermacool NXT, Titan, Alma, Gentle YAG and VelaShape. All of these devices work in different ways to heat the underlying skin layers causing a tightening of the overlying skin. These devices can be used to lift the cheeks, jowls and neck as well as firm the skin on the abdomen, thighs, elbows and knees. Side effects are minimal and results happen gradually in the 1-2 months following the treatment. While these treatments do not replace surgery, they are helpful for people with mild to moderate laxity.

Sclerotherapy

It’s not too early to be thinking about getting your legs ready for the summer! In fact, this may be the ideal time, as leg vein treatment can require several sessions and you can undergo treatments discreetly and recover comfortably in long pants during these cooler months.

Unwanted spider leg veins can be effectively treated with sclerotherapy or lasers, depending on the size of the leg veins. Sclerotherapy involves the injection of a special substance (such as glycerin or Sotradecol) into the blood vessel with a very fine needle, which causes destruction of the superficial blood vessels. Several treatments are typically necessary at 4-6 week intervals. Compression dressing or compression hose is necessary following treatment. We recommend to return from exercise for 3-5 days after each treatment. Reusing of the site at injection can occur and may last for 7 to 14 days. Laser treatment can also be effective for small, superficial leg veins. Using either the KTP or the Nd:YAG laser, these veins can be safely eliminated. Multiple treatments are typically necessary for the best results. People should avoid tanning prior to laser treatment. Come in and visit with one of our experienced physicians for a consultation to see which treatment would be the most appropriate for your unwanted leg veins.

Hair Today, Gone Tomorrow

Laser hair removal is one of many laser techniques which was developed and studied at the Laser & Skin Surgery Center of New York. It is a very popular and successful means to eliminate unwanted hair from any body location. Unlike traditional electrolysis which removes one hair at a time, laser hair removal affects many hairs with each pulse. Beyond the obvious benefit of having less hair, laser hair removal has been useful in the elimination of grown-in hairs, or pseudofolliculitis, and minimizing the shadow effect caused by coarse hair on the face of both men and women, even after a close shave. In the past few years, requests for hair removal have increased to include locations of the back, chest, bikini, underarms, legs, and face. The Laser & Skin Surgery Center of New York have the latest technologies available in the area of laser hair removal. We are able to treat all skin types, from very fair to darker skin colors without difficulty. The treatments are best done when there is no new hair growth to ensure that the laser light will reach the hair at the root and destroy it. Each patient is examined price to treatment which is performed only by physicians in our office. Now that the warm days of summer have faded away, along with any possible tan, it is a good time to think about next year for treatment and eliminate the unwanted hair soon.

**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.
**The Following Laser, Light and Radiofrequency Devices Are Available at Our Center:**

<table>
<thead>
<tr>
<th>Device Name</th>
<th>Uses</th>
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<tbody>
<tr>
<td>Gemini</td>
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<tr>
<td>Berkion blood vessels, leg veins, hyperpigmentation, unwanted hair, angiomas and venous lakes</td>
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<td>GentleLase</td>
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<tr>
<td>Long Pulsed Alexandrite</td>
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<td>Gentleswells™ Light Device</td>
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<tr>
<td>Rejuvenation and post-treatment healing</td>
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<tr>
<td>Gentle YAG</td>
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<td>Long Pulsed Pulsed Laser</td>
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<td>Isolaze</td>
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<td>Acne</td>
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<td>Medlite</td>
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<td>Tattoo removal on dark skin, red tattoo colors</td>
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<tr>
<td>Q-switched Ruby</td>
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<tr>
<td>Brown spots, nevi, tattoos, traumatic tattoos, Café-au-Lait and Nevus of Ota</td>
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<tr>
<td>Q-switched Ruby: Sinus</td>
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<tr>
<td>Brown spots, Nevus of Ota, tattoos (black &amp; green) and pigmented lesions</td>
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<tr>
<td>Q-switched Nd:YAG</td>
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<td>Tattoos (red, black &amp; green)</td>
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<tr>
<td>Rhytec Portrait PSK3</td>
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<td>(plasmakinetic resurfacing)</td>
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<td>SmoothBeam</td>
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<td>Unwanted hair for all skin types, pigmentated lesions and vascular lesions</td>
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<tr>
<td>ThermaCool Skin Tightening</td>
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<tr>
<td>Titan</td>
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<tr>
<td>Vascular malformations in adults, blood vessels, leg veins, port wine stains, scars and stretch marks</td>
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<tr>
<td>Velashape</td>
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<td>Body recontouring</td>
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<td>WaveLight</td>
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**Who is holding the laser?**

The physicians at the Laser & Skin Surgery Center of New York have an established policy of performing all laser and related technology procedures themselves. Our physicians are fellowship trained experts in this field and have participated in the development of many of the technology devices that are commonly used throughout the world. Unfortunately, many non-physicians and other non-medical personnel are providing laser treatments with less than optimal outcomes. We believe that our patients deserve to receive the expertise of our physicians. The dangers and risks of the non-expert use of lasers were recently outlined in the November issue of the Marie Claire magazine.

**Recent Treatment Advances**

**Fillers**

Fillers can provide outstanding cosmetic results without the downtime associated with traditional surgical procedures. Filler substances can be used to improve the appearance of fine lines, deeper wrinkles and folds, and acne scars. Additionally, fillers can be used to enhance the fullness of the lips and for facial contouring. Fillers have grown in popularity among younger individuals who prefer to intervene at an earlier stage of wrinkle development, and they continue to be popular alternatives to face lifts in older women and men.

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**Hair Today, Gone Tomorrow**

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The physicians at the Laser & Skin Surgery Center of New York have the latest technologies available in the area of laser hair removal. We are able to treat all skin types, from very fair to darker skin colors without difficulty. The treatments are best done when there is no tan present to insure optimum effect of the laser light and minimize risks. Each patient is examined price to a treatment which is performed only by physicians in our office. Now that the warm days of summer have faded away, along with any possible tan, it is a good time to think ahead for next year and eliminate the unwanted hair soon.

**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.
WINTER 2007

Introduction

Our center is one of the most comprehensive laser, skin surgery, and cosmetic centers in the world. We continually strive to provide our patients with the best possible care utilizing the most advanced technology and treatment for our patients.

We continue to participate in the development of groundbreaking technologies and treatments that we believe will ultimately improve the care that we provide to our patients.

On the Cutting Edge

There have been many advances in the field of laser and cosmetic dermatology in the past several years. The nature of our practice has changed dramatically to reflect the improvement in the treatments that we can provide to our patients.

The most significant trend is the noninvasive approach to many skin conditions and cosmetic concerns. Many of our laser and light source treatments are now designed to minimize the signs of aging and other conditions without the need for invasive treatments causing significant downtime.

These improvements have been seen in the treatment of sun damage, age spots, wrinkling, tissue volume loss, skin laxity, blood vessels of the face and legs, birthmarks, tattoos, excess hair, stretch marks, changes in skin pigmentation and precancerous growths.

What’s New In Our Research Department?

Call the Research Department to volunteer for the following trials:

**Fraxel Repair**

- **Before**
- **After**

The new Fraxel Re:pair has been added to our group of four other Fraxel lasers. Clinical trials performed at our center over the past year and a half were instrumental in approval of this device by the FDA. This laser is for rejuvenation of the skin on the face and body. The laser works well for deeper wrinkles and scars and also tightens the skin.

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**Studies**

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- **Basal Cell Carcinoma** - Study participants will be adults ages 30 and over with a biopsy proven basal cell carcinoma on the trunk or extremities and not have used oral retinoids or photosensitizing drugs for at least 24 months prior to the study.

- **Cellulite** - Study participants will be adults ages 18 and over with cellulite.

- **Fat Removal** - Study participants will be adults ages 18 and over with love handles.

- **Forehead Rhytides** - Study participants will be ages 18 and over forehead wrinkles.

- **Sun Damage** - Study participants will be ages 30 and over with sun damage of the face and neck.

- **Hypertrophic Scars** - Study participants will be ages 18 and over with raised scars.

**Contact Us**

- **Anne M. Chapas, M.D.**
- **Roy G. Geronemus, M.D., P.C.**
- **Leonard J. Bernstein, M.D.**
- **Frederic Brandt, M.D.**
- **Lisa Donofrio, M.D.**
- **Frederick Brandt, M.D.**
- **Karen H. Kim, M.D.**