

DERMATOLOGY SURGERY AND LASER CENTER NEWSLETTER

White Plains

222 Westchester Avenue
White Plains, NY 10604
914-684-1000

Rhoda S. Narins, M.D., P.C.
David J. Narins, M.D., F.A.C.S.

Manhattan

1049 Fifth Ave/86th St.
New York, NY 10028
212-288-9910

TIME FOR SAFE LIPOSCULPTURE WITH RAPID FAST RECOVERY!



Dr. Rhoda Narins

Dr. David Narins

Dear Friends,

Autumn brings with it a crisp, refreshing feeling, and there's a nip of excitement in the air. It's an exciting time for us as well, because we have many new, non-surgical ways to help you look your best. This is the perfect time to take stock of your appearance. Has the waning summer sun left you with damaged dry skin, brown spots, reddish discoloration and wrinkles? If you want to look your best for this new season, let us advise you. We have new treatments, new ways of combining them and new techniques that refresh your appearance. Remember, the holidays are just around the corner and will be here in a flash. So, if you want to make the most of it, please come in to talk with us.

Warm Regards,

A handwritten signature in cursive script, appearing to read "Rhoda Narins".

Dr. Rhoda Narins

A handwritten signature in cursive script, appearing to read "David Narins".

Dr. David Narins

When you're heading out on the town, the last thing you want is for a telltale tummy "pooch" to spoil your slender lines in the new fall fashions. If it's finally time for liposuction, there's no better time than now. Dr. Rhoda Narins was one of the pioneers of liposuction surgery, studying with the doctors who developed the procedure in France, and she has done thousands of cases since 1982, when it was brought to this country. Now comes laser liposuction, the next innovation in this technique. Dr. Narins performed some of the original research on this procedure, which uses local tumescent anesthesia, providing superior results and eliminating risk of general anesthesia. Dr. Rhoda Narins' book, "Body Contouring: The New Art of Liposculpture Using Tumescent Local Anesthesia" is available free in our office or send \$ 5 for shipping and handling. So come in, let us explain what this technique can do for you, and pick up a copy of your free book.

YOUR TELLTALE HANDS

A perfect manicure draws attention to your hands, but is their aging appearance giving your age away? Just as the years steal fullness from your face, they do so from your hands as well, leaving them with a skeletal appearance. Fillers like Restylane and Radiesse replace that needed volume, giving your hands a pleasing, youthful, plumper and less skeletal appearance. Come in for a consultation, so you can rest assured that your hands will look as young as the rest of you does. When this procedure is combined with the Medlite Laser to get rid of brown spots, your hands will never give your age away again.

KISS AGING LIPS GOODBYE

Among the most bothersome signs of aging are the wrinkles and folds that form around your mouth. Juvéderm is a new, injectable gel that does wonders, filling in wrinkles and folds, to make your lips look young again. This new generation filler is safe, and works instantly.

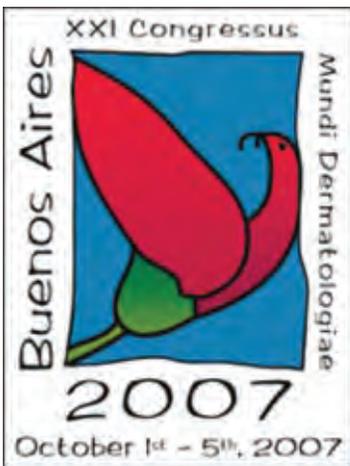
FAT TRANSFER NEWS

It seemed like a joke at first – moving fat from where you don't want it to where you do! But fat transfer is one of the most effective ways to fill in sunken cheeks, hollows under the eyes, nasolabial folds, marionette (puppet) lines below the lips, and more. Fat transfers can even plump up aging hands, making them look soft, instead of bony, and less vascular. Fat transfer can fill in acne scars and enhance your skin and cheekbones. The process is simple; your own fat is removed painlessly, using local anesthesia, and injected in other areas. Combined with Botox, fat transfer can be used to achieve a mini-face lift, making you look youthful without surgery. The results can last for months, or even years, depending on the area treated. Some fat is frozen for future use. Can you think of a better use for unwanted fat? We can't!

PUT OUR ARTISTRY TO WORK FOR YOU

Over the past few years, the field of cosmetic rejuvenation has exploded. There is a growing array of products, with more coming on the market all the time. Also, more products are being combined in new and exciting ways, such as the use of multiple fillers and Botox to provide volume, and erase lines and wrinkles. These techniques provide results that can be comparable to surgery. But you can only achieve them if you choose a doctor who knows more than just which product to use. Dr. Narins, a leader in the field since it began, has both the artistic eye and the experienced hand. She knows how to combine products and techniques to achieve the best effect.

DR. NARINS IN THE NEWS



Dr. Rhoda Narins will chair the cosmetic surgery sessions when the 21st World Congress of Dermatology meets in Buenos Aires this fall. She also serves on a master's panel on cosmetic surgery at the American Society of Dermatologic Surgery. Once again voted Best Doctor in Westchester Magazine for 2006 as well as Best Doctors in America, she was recently quoted in *Allure* and *Healthday* magazines and in the Wall Street Journal and New York Daily News.

LASERS AND YOU

Simply put, a laser is a powerfully focused beam of light that can be used for cosmetic rejuvenation. Here's a rundown on the latest in laser technology and what it can do for you. Remember, though, the best way to decide on which laser is right for you is to come in for a consultation geared just for you.

- **Vbeam Vascular Laser**- Eliminates blood vessels and redness, so it's perfect for treating unsightly blood vessels, rosacea, spider veins and flushing.
- **CoolTouch Laser** – A skin-tightening laser used to tighten and tone the skin, soften wrinkles and treat acne scars and stretch marks.
- **Intense Pulsed Light Laser (IPL)** – This PhotoFacial is used to even out surface skin problems, treat blood vessels, brown spots, mottled and discolored skin, sun damage, redness and rosacea. It is a home run rejuvenation treatment!
- **CO2 Resurfacing Laser** – Our office has the most advanced version of this laser available today, which can literally vaporize facial lines and wrinkles, revealing an underlying layer of skin that looks and feels years younger. This laser is wonderful for severe wrinkling and acne scarring.
- **HGM Laser** – This type of laser also treats blood vessels, including conditions that can cause the nose to become red and thickened.
- **Medlite ND YAG Laser** – Erases brown spots, tattoos, and is ideal for overall facial rejuvenation.

Laser treatments can also be combined for the best effects. For instances, a series of CoolTouch or IPL treatments with one Vbeam and/or one ND Yag treatment may do the trick for getting rid of stubborn brown spots. Adding Botox can help erase frown, forehead and crow's feet lines, soften lip lines, raise eyebrows and the corners of the mouth, as well as soften neck lines, both horizontal and vertical. The use of fillers can help fill in frown and puppet lines, soften hollows under eyes and cheeks and enhance cheek bones, chins and lips. All of these treatments provide natural looking results that you will love.

PERLANE – THE LATEST FILLER



Before

After

What's new in fillers this summer is Perlane, a new treatment from the company that brought you Restylane, the most studied, most popular filler. Both Perlane and Restylane contain hyaluronic acid in the form of a crystal-clear gel. Both make skin lines and creases disappear, plump cheeks and eliminate the hollows that come with age. They just vary in particle size, so that the treatment can be individualized for your particular need. Perlane is perfect for use on deeper facial wrinkles and folds, such as the lines from your nose to the corners of your mouth (nasolabial folds) and the marionette lines below the lip. It can also be used to plump up lips. Like Resylane, Perlane lasts 6-12 months, requires no allergy testing and is safe and effective.

SPOTLIGHT ON TOP

It isn't only your skin that's on display -- it's also your hairline. But what if your hair is thinning? The years not only steal volume from your skin – they steal thickness from your hair as well. This is true for both men and women.

The answer is the new hair transplantation techniques. Revolutionary advances in the field have ended the era of hairpieces and hair “plugs.” New techniques, such as mini and micro grafting techniques, result in soft natural-looking hairlines, making it impossible to tell that anything has been done at all! The new grafts contain between one and five hairs. This technique is especially suited to women because it allows for the placing of grafts in between thinning areas without removing potentially long-lasting hairs. This results in increased density without sacrificing any hair at all. Varied sizes and shapes can be used to increase overall fullness, so you'll look like a “Ten” wherever the evening takes you.

THE EYES HAVE IT

If your problem is bags, dark circles, and loose skin around your eyes, you may believe that a surgical eyelift is your only option. No more! Eyes by Thermage, a single-non-surgical problem, may provide the help you need. As we age, the collagen that keeps our skin firm – including the skin around our eyes – stretches, causing it to sag. This treatment uses a unique, deep-heating

technology to stimulate and tighten your existing collagen as well as activate new collagen growth. This treatment causes tighter skin all around, reduces hooding, creates tauter, smoother contours around the eye, and softens fine lines and crow's feet. The effects continue to improve for months with long-lasting results. This technique can be combined with the CO2 laser or hyaluronic acid filler injection and watch those circles disappear. It will help you lose that tired look.

BOTOX – A TRIED & TRUE WRINKLE ERASER

Remember when Botox made headlines? That was a while ago, but there's still often no substitute for this tried-and-true wrinkle eraser that can make years disappear. Botox, for men and women, relaxes the facial muscles that make you seem tense, tired or angry. After the treatment, you'll find that your skin once again looks smooth and youthful. The procedure is virtually painless and done using our own topical anesthetic cream. With our expertise, we can safely:

- Eliminate frown lines between your eyes
- Diminish crow's feet and forehead lines
- Soften the lines and creases around your mouth
- Reduce vertical and horizontal neck lines

Remember, there is no quicker, easier lunchtime treatment than Botox! Come in and talk to Dr. Narins. Her artistic eye and experienced hand will provide you with the best experience.

THE MEDLITE LASER



Before

After

To see how you spent the summers past, you can leaf through a photo album or simply look in the mirror. The evidence may be staring you in the face, in the form of brown age spots that speckle your face, arms, back and shoulders. Now, thanks to the MedLite laser, you can watch them disappear. This is one of the most technologically advanced tools we have for removing pigmented lesions – the spots of unwanted pigment that can occur at birth and worsen with age. In fact, Medlite can make age spots, “liver spots,” freckles and some birthmarks disappear by emitting very short pulses of light. Most pigmented lesions disappear with one or more treatments. This leaves you with soft, beautiful, clear skin.

NO HAIR THERE!

While a thick head of hair is de rigeur, you don't want even a little hint of fuzz elsewhere. Don't be a slave to tweezers, razors, chemical depilatories or painful electrolysis. Laser hair removal is the best way to whisk unwanted hair away, for both women and men. For women, the most popular areas for hair removal are the face, underarms, legs and the bikini area. For men, the key areas are the ears, hands, knuckles, back and chest. Lasers produce a highly concentrated beam of light that is absorbed by the pigment in the hair; by pulsing this light, the laser vaporizes the hair follicle. The LightSheer Diode Laser is state-of-the-art and specially designed to be gentle. Because its beam is directed to the hair root, it protects the surrounding skin. That way, your body will be sleek, smooth, shiny and perfect for that frolic on the beach.

ARTFUL ARTEFILL- A PERMANENT FILLER

Most of today's fillers offer only temporary results, because the body eventually absorbs the substance. Artefill, the first and only FDA-approved non-resorbable wrinkle filler, offers a more permanent option. Artefill contains PMMA microspheres and purified bovine collagen gel. Artefill visibly corrects the wrinkle, and its microspheres provide the permanent support your skin needs for enduring wrinkle correction.



Before ArteFill



After 6 Months



After 1 Year

CLINICAL TRIALS GOING ON NOW

For years, Dr. Narins has been a leading investigator in several FDA-sponsored clinical trials, such as those that led to the approval of Restylane and other fillers as well as new botulinum toxins and new liposuction techniques. We are seeking participants for studies on new products now. For more information, please call our office.

SCRIPT-A-DERM PRODUCTS

Our exclusive skin care line, formulated by Dr. Narins, has products for every skin type and every season.

Our recommendations are 3 special Products:

Anti-aging serum, Anti aging cream, Moisturizing sunblock

These "fabulous 3" are essential for facial rejuvenation.

It's time to look your very best!

© 2007 Dermatology Surgery & Laser Center

Rhoda S. Narins, M.D., P.C.

David J. Narins, M.D., F.A.C.S.

222 Westchester Avenue
White Plains, NY 10604