

DERMATOLOGY SURGERY AND LASER CENTER NEWSLETTER

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Dr. Rhoda Narins

Dr. David Narins

Dear Friends,

Spring is a time of rebirth and we are especially delighted because we can offer you so many ways to greet the new season looking your best. We have many new fillers that have recently been FDA approved, as well as lasers and other new technologies. New uses are being pioneered for the tried-and-true treatments we already have, such as Botox. Thanks to the clinical research we do in our office, we are fortunate to stay in the forefront of these innovations. In addition, the Dr. Narins Script-A-Derm product line is better than ever, incorporating many new cosmeceutical ingredients that improve the look and texture of your skin, while treating aging, dry skin, rosacea and even acne. So don't let another springtime go by. Come in and speak to us about your particular desires and needs. Our goal is to make you look better; natural and healthy. We will be happy to help you.

Sincerely,

Warm Regards,

A handwritten signature in black ink that reads "Rhoda Narins".

Dr. Rhoda Narins

A handwritten signature in black ink that reads "David Narins".

Dr. David Narins

NEW ROLE FOR BOTOX™

Botox, which temporarily eliminates muscle movement, gained fame as a wrinkle and furrow eliminator, but it's so much more. These days, Botox is often also used as an enhancing treatment, to maximize the effect of fillers to plump the skin. When used this way, Botox magnifies and enhances the effect of the fillers, creating a younger, smoother look.

RADIESSE FOR SPRING RADIANCE



Before

Fillers are a great way to erase smile lines, nasolabial folds and wrinkles around your nose and mouth, but they can also be frustrating because some may last only a few months. Now comes Radiesse, a safe, new, FDA-approved filler that helps you maintain your youthful look for a year, or even longer. This is because Radiesse works below the skin's surface, where its tiny calcium-based microspheres



After 10 Months

form a "scaffold" to support and stimulate your own collagen, rebuilding your skin's foundation and restoring a youthful look without the risks associated with a permanent implant. You can get a lunchtime treatment and see improvement within minutes, along with longer lasting results with touch-ups. Radiesse can also be combined with other treatments, such as Botox, for even more enhancement. It lasts 12-18 months. So call our office for an appointment to find out what Radiesse can do for you.

NEW FILLER FACELIFT — WITHOUT SURGERY

Filling substances have come of age, and can now be used to provide the volume and contour needed for facial rejuvenation, achieving youthfulness once impossible without undergoing facelift surgery. So, instead of considering surgery, look to these products to fill in skin lines and creases, plump cheeks, eliminate hollows and enhance the cheekbones, lips and the chin. Thanks to all the choices now available, Dr. Narins can tailor the treatment to your individual problem areas and needs.

Here's a rundown of some of today's fillers:

Restylane:

Restylane adds to your own natural hyaluronic acid to make treated areas fuller. It looks natural, smooth and attractive. A completely biodegradable product, Restylane is considered natural and extremely safe.

Juvederm

Juvederm is a newly FDA approved hyaluronic acid filler that is especially good for lips. Both Restylane and Juvederm last 6-12 months.

Sculptra:

Excellent for volume replacement, Sculptra, which is related to reabsorbable suture material, lasts about 18-24 months.

Radiesse (Radianse):

Made from a product related to bone, this filler lasts 12-15 months. It is especially good for etched in lines.

ArteFill:

This filler provides a permanent support structure to help correct wrinkles. We have other permanent fillers as well. Injected gradually, its effect can last forever.

Fat Transfer:

The most natural filler of all, fat transfer using your own fat is used to restore volume to people whose faces have lost it, or to fill in facial defects. When used to fill in the cheeks, its results can last permanently. The results can be permanent when used to fill in the cheek areas.

Collagen:

Collagen is a naturally occurring protein that provides support to the parts of the body to fill in lines and plump cheeks, but since its effect only lasts 3-6 months, it isn't used that often.

DR. NARINS IN THE NEWS

Dr. Rhoda Narins will chair the cosmetic surgery sessions when the 21st World Congress of Dermatology meets in Argentina this coming 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.

TARGETED LIPO



Pre-Op

Post-Op

Liposuction isn't just for removing belly fat, sculpting hips or slimming thighs any-more; now, new tools and techniques make it possible to target this procedure and, by

removing just a few ounces of fat, eliminating the unsightly areas that neither diet nor exercise could resolve, like the "bra fat" and "back fat" that prevents you from baring your midriff or going backless, or the pudginess around the knees that breaks the line of a slinky leg. For this designer-body approach, Dr. Narins uses a technique known variously as precision, selective or micro liposuction to remove an ounce or three of fat from ankles, knees, chins, necks, backs and upper arms. Thanks to new types of equipment and smaller instruments, Dr. Narins can now fine-tune the procedure, to achieve these precise results. A few ounces of fat may not sound like a lot, but it makes a tremendous difference when you're showing off a lacy bra, showing off a backless dress, or wearing low-rider jeans.

SHED YOUR WINTER SKIN

It's time to shed your old coat, but the coat we're talking about isn't an outer garment; it's that dull layer of dead facial skin that steals your youthful glow. The best way to get your glow back is through a facial peel, and there are many different types and strengths that can help you restore your youthful appearance. No matter what type of peel is used —chemical, physical or laser, they all achieve the same result; they remove the top, dull layer of skin to reveal the fresher, firmer skin underneath. The type of peel depends on the goal you wish to achieve. A light peel, for instance, brightens the skin, and can be done quickly and easily, in preparation for a special night out. Deeper peels can eliminate the appearance of wrinkles, revealing firmer skin. Peels are an easy way to reveal your brighter, smoother, younger-looking skin, as well as remove brown marks, sun damage and blackheads. So make an appointment today to choose the springtime peel that's right for you.

LIPOSUCTION COMES OF AGE

This spring, it might be time for you to look into liposuction, the safe, minimal downtime way to get rid of the pouchy abdomen, saggy thighs and unsightly bulges that have bothered you for years. And, when it comes to finding an expert, there is none better than Dr. Narins, who helped to pioneer the technique back in 1982, and has been on the cutting edge ever since, helping this procedure evolve to become the most popular surgical technique.

Depending on your problem area, Dr. Narins has the right procedure for you. Chief among these is tumescent liposuction, which uses a combination of local anesthesia and “micro-cannulas” to remove fat deposits. With local anesthesia, you remain awake and comfortable during the procedure, and you



Pre-Op

avoid the risks of general anesthesia. This method provides superior results, culminating in an improved body contour and an exciting new figure. But there are also other innovative types



Post-Op

of liposuction also available, including power liposuction, ultrasonic and Vaser, which uses ultrasound technology to break up and emulsify fat, leaving the surrounding tissue relatively intact.

PERFECT YOUR SKIN WITH LIGHT

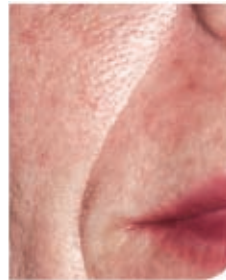
Imagine a 15-20-minute lunchtime procedure that uses light to perfect your skin. This is IPL, or Intense Pulsed Light, which smoothes, rejuvenates and revitalizes the skin, as well as erases skin damage, all without disrupting the skin's surface. Known also as a Photo Facial, this series of “no down time” treatments eliminates a variety of skin problems, including red and brown discoloration, unsightly blood vessels, age spots, liver spots, mottled pigmentation and more. A new breakthrough in anti-aging treatments, IPL is long lasting and can be used to treat the face, neck, arms, hands, and chest – wherever unsightly spots and blemishes are a problem. IPL is one of our major maintenance therapies. A Photo-Facial 2-3 times yearly keeps sun damage changes from appearing. IPL can also be combined with other treatments, such as BOTOX, filling substances, laser therapies and peels to produce dramatic results, all without downtime or surgery.

WEB-FREE LEGS

Spider veins are usually seen in women and are related to heredity, estrogen, standing for long period of time, and pregnancy. Spider veins respond beautifully to a series of sclerotherapy injections without interfering with daily activities. Varicose veins can be removed with an ambulatory phlebectomy using local anesthesia, no downtime and virtually no marks. Free your legs from spider veins and wear spring skirts with confidence!

ARTEFILL: THE VERY NEWEST FILLER

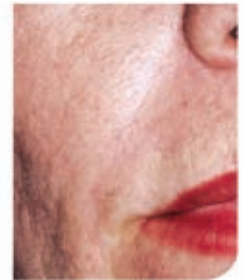
ArteFill is the newest filler to win FDA approval, and it provides us with another tool to fight aging by filling in lines permanently to create a more youthful appearance. Versatile, Artefill can be used by itself, or along with filling agent and/or Botox to correct facial wrinkles and nasolabial folds (smile lines). ArteFill is similar to other fillers, in that it corrects the smile lines by providing volume beneath the wrinkle, but it contains microspheres of a substance that is well-tolerated, but not absorbed by the body, so they provide a permanent support structure to sustain the wrinkle correction, so its effect is permanent.



Before ArteFill



After 6 Months



After 1 Year

LOOKING GOOD FROM THE TOP DOWN

It's important to look good from head to toe, so our office offers the latest in hair transplantation techniques. There's a genetic secret behind the success of hair transplantation, which is that, even if hair is moved from one place to another, it will continue to grow. But, previously, that didn't necessarily mean that a hair transplant would look natural – far from it! The new secret behind new natural-looking hair transplantation is the development of new techniques, such as mini and micro grafting techniques, which result in soft natural-looking hairlines, making it impossible to tell that anything has been done at all! Although hair transplantation is thought of predominantly as benefiting men (and it works superbly for them), these mini and micro grafting techniques are ideally suited for women. So, no matter what your gender, come in for a consultation to find out what hair transplantation can do for you.

LIPOSUCTION GETS SMART

We performed some of the original research for laser liposuction, a technique in which local tumescent anesthesia is used, which provides superior results and also eliminates the risk of general anesthesia. Dr. Rhoda Narins' new 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.

PLAY THE VIOLIN— DON'T BE ONE

Abdominal liposuction is the most popular type of this procedure for women over 45 but, for women under 45, liposuction is most commonly done to reshape the hips, buttock and outer thighs, the areas that make up the so-called "violin deformity." Those who live with this condition are delighted with the wonderful results that can be achieved with a safe procedure that requires only minimal downtime.

WANT AN HOUR GLASS SHAPE?

Even though liposuction is now being used to sculpt and re-contour many of the body's parts, getting rid of that tummy remains the #1 reason why liposuction is so popular. The shape of the abdomen plays an important role in how we view ourselves, as well as how we fit into our new spring wardrobe. Many factors play a part in abdominal contour irregularities including fat distribution, obesity, muscle laxity, fitness, previous surgery with resultant scars, loose skin, age, pregnancies, hormone replacement therapy, menopause and genetics. In fact, between the ages of 45-55 many women (and men) tend to naturally accumulate fat on their abdomens.. Our "Hourglass Abdomen™" technique uses a liposuction technique that treats the upper and lower abdomen, along with the waist, hips and back, to achieve a beautifully sculpted result.

SCRIPT-A-DERM PRODUCTS

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

Our recommendations for the steamy "hot" summer are 3 special Products:

Anti-aging serum,

Anti aging cream

Moisturizing sunblock

These "fabulous 3" are essential for facial rejuvenation.

Please call the office to purchase these or any of our wonderful products.

Save money on the "fabulous 3" package

It's time to look your very best!

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