

South Nassau Dermatology Announces New Medi-Spa

South Nassau Dermatology is pleased to launch a new Medi-Spa staffed by our two New York State Licensed Aestheticians, Rosa Rodriguez and Judy Baliner-Miranda. They are available to perform microdermabrasions, facials, Vitamin C infusions, and complimentary skin care analysis on a daily basis at convenient hours. We offer our patients the finest cosmeceuticals available only in physicians' offices for the ultimate daily skin care regimens. We are especially proud of our new South Nassau Dermatology skin care line formulated with the best ingredients and approved by our physicians for maximum results. The South Nassau Dermatology line includes the finest cleansers, toners, moisturizers, anti-oxidants, anti-aging products, and sunscreens.



We also offer many of the finest skin care product lines available—Prevage, MD Forte, La Roche Posay, Niadyne, and DCL. With so many skin care products available, our physicians and aestheticians can truly offer you the most individualized skin care routine for your particular skin care needs. We also offer Jane Iredale Skincare Cosmetics that our aestheticians can customize expressly for your skin type to conceal scars, acne, and redness associated with rosacea.

Please call our office at 516-766-0345 and ask to speak with one of our cosmetic coordinators to schedule a complimentary skin care analysis with one of our licensed aestheticians or to schedule a Medi-spa treatment with one of our aestheticians.

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A Message From the Doctors of South Nassau Dermatology

South Nassau Dermatology has served as a comprehensive skin care center for over 25 years. With our nine board-certified physicians, we have been dedicated to treating all skin conditions with the latest in medical, surgical, and laser techniques. What has always set South Nassau Dermatology apart from other medical practices is the personalized care we have always provided to our patients.

We have chosen to send out this newsletter as many of you may not be aware of the many cosmetic and medical procedures we provide. Some of these procedures are so new that you may not have heard about them! Hopefully, this newsletter will enlighten you and provide some helpful answers to your questions. There is no substitute, however, for meet-

ing face to face with your physician who can personally inform you about specific procedures and tailor specific treatments for your own skin care needs. What we believe separates South Nassau Dermatology from other practices is that all our cosmetic treatments are based on significant scientific proven results. Our practice brings together advanced medical laser and light technologies and state of the art aesthetic dermatologic procedures. Our procedures are delivered in a safe and comfortable environment where a youthful appearance can be achieved with little or no downtime.

Our physicians run the Dermatology Department at South Nassau Dermatology Communities Hospital and serve as Attending

Physicians at Mercy Hospital Medical Center. Our physicians also serve as Professors at New York University Medical Center, SUNY Downstate Medical Center, SUNY Stony Brook Medical Center, and Columbia University/New York Presbyterian Medical Center. At these major medical centers, we serve as faculty in teaching dermatology residents the basics of dermatology as well as the latest medical and aesthetic treatments. We also lecture extensively on the most innovative cosmetic and medical techniques to dermatologists and other physicians at both the local and national levels.

VISIT OUR NEW WEB-SITE AT
WWW.SNDERM.COM

South Nassau Dermatology Continues to be Cutting-Edge in its Laser Treatments

As many of our patients already know, the physicians at South Nassau Dermatology have been at the forefront of the latest advances in laser therapy for a multitude of cosmetic and medical applications over the last 15 years. We are pleased to presently have 5 of the world's most sophisticated lasers available to our patients on a daily basis. Our laser center makes us a leader in the most innovative laser procedures and one of the foremost laser centers in Long Island. The latest laser treatments are relatively painless and more affordable than patients expect.

The Medlite Q-switched Yag Laser allows patients to have brown spots, including freckles, age spots, and liver spots on the face, hands, arms, and chest removed usually in one treatment with little or no downtime with virtually no risk of scarring. It is the most sophisticated laser for treatment of brown spots available in the world, as well as the safest and most effective treatment for tattoo

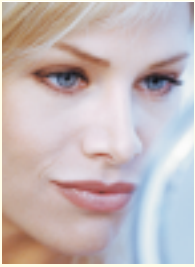
removal. Tattoo removal generally takes multiple treatment sessions. Results can leave virtually no evidence of previous tattoo placement.

The Candela V-Beam Pulsed-Dye Laser allows patients to have red spots, including hemangiomas, angiomas, telangiectasias, spider veins, and blood vessels removed usually in one painless treatment with little or no downtime and virtually no risk of scarring. It is also extremely effective in significantly reducing the diffuse redness of the face associated with rosacea. It is the most sophisticated laser for treatment of red spots available in the world. As well, scars from surgery and trauma as well as stretch marks can be lessened with this laser. The V-Beam laser has also been used in the **Non-ablative Rejuvenation** of the aging face, a non-invasive treatment, improving fine lines and wrinkles while tightening the skin. **The Iriderm Laser** is also available to remove small spider veins on the face in a quick, safe, and effective treatment.

Laser Hair Removal. Our hair removal laser is among the safest and most effective hair removal systems in the world with virtually no risk of scarring. The specific wavelength energy of a laser is used to safely penetrate the skin to damage the hair follicle. The advanced hair removal laser system uses a direct cooling device for effective long-term hair reduction without injury to the skin's surface. With lasers, it is possible to treat larger areas such as the back, shoulders, arms and legs, and more sensitive areas such as the face and bikini line. This safe, pain-free procedure can provide long-term results, with most patients needing 3 to 5 treatments in the first year. Any subsequent residual hair growth usually appears finer, shorter and lighter in color. Since some hair follicles may enter their growth cycle after a treatment, multiple treatments are required to deliver optimal results. Lasers have the advantage of removing hundreds of hairs at a time as opposed to electrolysis, which works hair by hair. After

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RESTYLANE®



Restylane, the newest "filler" substance approved by the FDA, is a protein contained naturally in the human body that can be safely administered to smooth out facial wrinkles. It has been used by millions of patients around the world over the years and has been used at South Nassau Dermatology by thousands of very satisfied patients since Restylane obtained FDA approval last year. The treatment is safe with virtually no side-effects, minimal if any downtime, and no risk of scarring. The fact that treatments need to be repeated usually only twice a year make Restylane injections more appealing than previous filler treatments including collagen. As Restylane is made up of a naturally occurring human protein, there is virtually no risk of allergy and no need for skin tests. Restylane is usually injected after the patient's face is prepped with a topical anesthetic cream, making the treatment relatively simple. The procedure is quick, usually taking no more than twenty minutes. Patients love the treatment because the results are excellent and immediate! Some patients may appear slightly red or minimally swollen after the treatment but may go back to work immediately after the treatment. The treatments work best for the lines around the mouth including deep or superficial lines, grooves, furrows, or wrinkles. The corners of the mouth can be filled with Restylane to restore a more youthful appearance. This treatment also improves the vertical or smoker's lines along the edges of the lip. Restylane works great for nasolabial folds or marionette lines and is very effective for plumping up the lips.

Please call our office at 516-766-0345 and ask to speak with one of our cosmetic coordinators to schedule a Restylane appointment and to answer any questions about Restylane treatments.

BLU-U Light Treatment for Acne



Acne occurs when the oil produced by sebaceous glands does not reach the surface of the skin but is trapped in tiny pores or follicles. The bacteria *P. acnes*, thrives in the clogged follicles. When the bacteria and pus leak from the follicle into the surrounding tissue, pimples are formed. BLU-U Light Photodynamic Therapy is now FDA-approved for the treatment of moderate acne and may be the treatment for you. The BLU-U Light Photodynamic therapy kills the *P. acnes* bacteria in your skin. The blue light can be administered alone or in conjunction with a topical application of ALA, or Levulan® (aminolevulinic acid), for the treatment of acne vulgaris. Pretreatment with topical ALA may offer additional reduction of acne lesions. Patients receiving BLU-U Light only will simply sit in front of the BLU-U Light delivery system for about six minutes. Treatments are delivered twice a week for one month. Patients receiving the topical application of ALA with their BLU-U Light treatment sit with the ALA cream on for about fifteen minutes, and then sit in front of the BLU-U Light delivery system for about six minutes. Treatments are spaced three to four weeks apart for a total of three treatments. Unlike other topical treatments, treatments with BLU-U Light and ALA have not shown any adverse side effects or patient discomfort. The BLU-U Light treatments are gentle and do not harm surrounding tissues. Most patients experience a reduction in the severity of their acne and a reduction in the number of pustules, comedones and papules that is often long term. South Nassau Dermatology is one of the few practices in Long Island to offer this treatment.

Please call our office at 516-766-0345 and ask to speak with one of our cosmetic coordinators to schedule a BLU-U light consultation and to answer any questions about BLU-U light treatments

Is BOTOX® for You?

Worry lines, frown lines, laugh lines, crow's feet and other dynamic wrinkles can be dramatically softened with Botox. Botox has been used by thousands of people at South Nassau Dermatology over the past ten years. The safety of Botox has been demonstrated

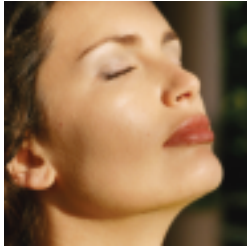


by the millions of patients worldwide who have used it with virtually no side effects. Its popularity stems from the easily reproducible results and the fact that the treatment is quick, painless, and affordable. Botox is made from a bacterium studied by scientists for the past 50 years that was found to have muscle-relaxing properties. Botox blocks impulses from the nerve to the tiny facial muscles that are related to expression lines. Botox relaxes the muscles so they do not contract. After treatment, the overlying skin remains smooth and unwrinkled while the untreated facial muscles contract

in a normal fashion, allowing normal facial expression to be unaffected. Botox injections usually need to be repeated two to four times a year. Botox lessens the frown lines formed between the eyebrows, horizontal lines on the forehead, and crow's feet around the eyes. If dynamic wrinkles make you look older than you are, Botox injections can smooth these out and give you a more youthful and pleasant appearance. Botox injections can also give quick, safe, and effective relief from hyperhidrosis, or excessive sweating from the underarms or palms. Botox can also be used to smooth out annoying neck lines and wrinkles.

Please call our office at 516-766-0345 and ask to speak with one of our cosmetic coordinators to schedule a Botox cosmetic appointment and to answer any questions about Botox cosmetic treatments.

Intense Pulsed Light Photofacial Rejuvenation



The Intense Pulsed-Light Treatment is one of the more exciting systems available at South Nassau Dermatology and among the most requested cosmetic procedures in the United States. Many patients wish that there were a safe, easy way to get rid of their red complexion, fine wrinkles, irregular pigmentation, and large pores. Fortunately, our advanced technologies utilizing the Palomar Medilux IPL enable us to treat these skin imperfections safely, easily, and effectively.

IPL Rejuvenation was designed to combat the effects of aging and damaged skin in a softer, gentler way. The redness and flushing of rosacea can be reduced 80 to 90 percent. It can be used to treat the full face, neck, chest and even the hands. Using our advanced IPL system, your doctor gently delivers precise amounts of light energy through your skin's surface. Treatments are spaced out at three week intervals. The energy is delivered at specific settings for each treatment to maximize your results. The light energy stimulates the production of collagen. As the new collagen forms, it softens the appearance of aging skin. Brown spots will fade usually after only one treatment. The redness associated with rosacea will be dramatically reduced.

How many treatments will I need?

Depending on the area treated, there will be a series of from three to five treatments. Treatments usually take from 15 to 30 minutes.

Do Photo-Facial treatments hurt?

Most patients describe the sensation to be like the snap of a rubber band on the skin as the pulses of energy are delivered through the handpiece. After treatment, the pain is minimal to nonexistent.

Who are the best candidates for a Photo-Facial?

The best candidates have:

- red, flushed faces and rosacea
- telangiectasias (spider veins)
- sun-damaged skin
- hyperpigmentation (brown spots and blotchy pigmentation)
- large pores

Are Photo-Facial treatments safe?

Yes. Advanced light systems have been used safely for millions of treatments worldwide. These systems treat only the targeted tissues, leaving the surrounding tissue intact. However, some bruising or redness may occur.

What results can I expect?

After only one treatment, your skin will have a more even tone with a smoother look and feel. Sunspots will fade. Pore sizes will shrink. Fine lines and wrinkles will gradually decrease in size. These improvements will steadily increase with each treatment. Patients with rosacea will see a progressive decrease in redness with every treatment.

What will recovery be like?

Post-operative discomfort is almost nonexistent. After treatment with most light systems, the treated skin may appear a little flushed and capillaries may seem to be more visible. The flushed look soon fades away, and the capillaries appear to vanish leaving the skin looking younger. It's that simple. Following any treatment, you should follow your doctor's instructions, avoid any harsh skin cleansers and use sunscreen.

Please call our office at 516-766-0345 and ask to speak with one of our cosmetic coordinators to schedule an IPL Photo-facial appointment and to answer any questions about IPL Photo-facial treatments.

RAPTIVA® for the Treatment of Psoriasis

Psoriasis affects millions of Americans every day. Affecting both men and women and in all age groups, this skin condition results in swollen, inflamed scaly patches of skin caused by skin cells growing too quickly before old skin has a chance to shed. Unfortunately, there is no cure for psoriasis. Doctors now understand some of the causes. A new exciting treatment can be found in FDA-approved biologic medications such as Raptiva. Raptiva is approved for moderate to severe psoriasis. The new biologic treatments work by blocking the activation of certain immune cells, called "T cells," and the migration of those cells into the skin. T cells are a type of white blood cell in the body that normally helps us ward off foreign invaders and fight infection. In psoriasis, however, these T cells are mistakenly activated and there are too many of them in the skin. This triggers other immune responses that fuel the development of scaly red patches. By blocking T cell activation and the movement of these cells into the skin, these biologic medications interrupt the cycle of psoriasis, leading to improvement in symptoms for many people who take it. Patients take the biologic treatments at home once a week by giving themselves a simple injection under the skin, similar to diabetes patients who give themselves insulin injections. The doctors at South Nassau Dermatology are among the most experienced physicians in these treatments in the New York area. Results usually begin within 6 weeks and most patients can expect to see significant improvement in their psoriasis by 2 to 3 months.



Please call our office at 516-766-0345 to schedule a consultation with one of our physicians to discuss biologic treatment for psoriasis.

Cutting Edge Laser Treatments... CONTINUED FROM PAGE 1

your treatment you may return to your normal activities right away. We have treated hundreds of satisfied patients at South Nassau Dermatology with this device. As an added bonus, there is minimal discomfort. Most patients say it is easier

than waxing.

Please call our office at 516-766-0345 and ask to speak with one of our cosmetic coordinators to schedule a laser appointment and to answer any questions about various laser aesthetic treatments.