

Rabin-Greenberg Dermatology

Fall/Winter 2007

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Welcome to the first Rabin-Greenberg Dermatology newsletter! We feel strongly that your skin should be evaluated and treated only by a dermatologist. In the past several years, we have seen numerous changes in the skin care industry. We are committed and proud to always stay at the forefront of all the new advances in dermatology by offering the latest in medical and cosmetic dermatologic treatments for your skin. We thought a newsletter would be a fun and informative way to let you know what's happening at Rabin-Greenberg Dermatology as well as review some pertinent skin topics. Read on for details regarding our recent Kingwood expansion and Customer Appreciation Days coming to each office in October.

In this issue, we will highlight acne -- one of the most common and frustrating skin conditions. Read our review of filler and volumizer options for facial rejuvenation. In the *Shedding Some Light on Lasers* section, we will discuss the photofacial procedure and also introduce our newest laser service -- the Fraxel Restore laser. Do you have age spots that you are ready to lighten? Deep wrinkles or acne scars that you want to soften? Read more to learn the benefits of these services and if they may be right for you. Be sure to check out our latest new products and see the tips we've included on how to avoid getting dry, itchy skin this winter.

Our Kingwood Expansion

We are proud to have opened our expanded new Kingwood office on Monday, September 17th, 2007. We will continue to offer the best skin care evaluation and treatment. Drive to the same building and park in the same place, but our suite number is now #200. Come and visit us!

Customer Appreciation Day

This will be our biggest event ever! This is a fabulous day to spruce up for the holidays and save money too! We will be offering discounts on Botox, Juvéderm and Radiesse. We will also be giving away a free Glomineral make-up gift with any laser hair removal treatment or photofacial service. Our Glomineral sales representative will be present for free make-up consultations and make-overs. Have a complimentary photo taken using our special ultraviolet camera so we can assess your facial sun damage. Refreshments will be served, and everyone will leave with a gift bag of skin care goodies. Don't miss this spectacular event! Call now to reserve your appointment.

Upcoming Customer Appreciation Events:

Kingwood: Monday, October 15th, 2007
Houston: Thursday, October 18th, 2007

Visit us on the web at www.rabingreenbergdermatology.com

Icky ACNE

What exactly is acne and why does it seem to flare just at the wrong times? We have lots of patients with this question so we thought it would be a good time to address the facts. Acne is the most common skin disorder in the United States. By mid teens, more than 40% of adolescents have acne or acne scarring requiring treatment by a dermatologist. Unfortunately for adults, acne is not restricted to the teenage years. Adults of all ages can develop acne. Acne consists of comedones (blackheads and whiteheads), cysts, and nodules that occur mostly on the face, back, and chest. There are three main contributors to acne: oil glands, bacteria, and sticky skin cells. In addition, there are other factors that can worsen acne like hormonal changes, make-up, and stress. For the most part, it is a myth that chocolate, pizza and soda cause acne. For overall health, we do recommend a healthy, balanced diet, but in general, diet should not matter if the acne is being treated properly. (In very rare instances, a food may make someone's acne worse and in that case that particular food should be avoided.) Never pick or pop your acne bumps! Although we understand it is very tempting, it will increase your risk for hyperpigmentation and scarring.

Acne and acne scarring can range from mild to very severe in different people. It is important to have a dermatologist evaluate your skin and begin an appropriate, individualized treatment course. Treatment possibilities include topical creams, oral antibiotics, Accutane (isotretinoin), chemical peels, microdermabrasions, photofacials, and Fraxel laser treatments.

NEW PRODUCTS FOR SALE AT RABIN-GREENBERG DERMATOLOGY

Auriderm Gel

Massage this vitamin K oxide gel twice daily into the affected areas to minimize bruising after surgical or cosmetic procedures.

Revaléskin Day Cream and Revaléskin Night Cream

Revaléskin is the latest in anti-aging skin care. These day and night creams have coffee berry extract which is the most potent natural antioxidant available in skin care today. The day cream has an SPF of 15 for sun protection. Both of these creams will combat the photodamage and oxidative stress that our skin battles with daily and also helps prevent further damage from taking place.

Glomineral make-up

We are happy to now offer Glomineral make-up. Mineral make-up offers so many benefits that we decided to have this line available in our office. This make-up provides excellent coverage for all skin types, applies easily, is lightweight, and lasts all day. Be assured that it will not sweat off midday like other make-up brands. It also has an SPF of 18 for sun protection, contains green tea antioxidant extracts to prevent free radical damage, and contains vitamins C, A, K and E. Glominerals is perfect for sensitive-skin patients too, including those with acne or rosacea. We will be offering a free make-up gift with any laser treatment on our Customer Appreciation Day in October.

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SHEDDING SOME LIGHT ON LASERS



FRAXEL RESTORE LASER

We are so happy to announce our newest addition to our laser services: the Fraxel Restore laser. This is a breakthrough in laser technology because we can now deeply resurface one's skin and improve wrinkles, acne scars and pigmentation with minimal downtime. The Fraxel Restore laser is one type of laser that performs fractional resurfacing. This fractional technique actually treats only microscopic or "fractions" of the skin at a time so large areas of the skin remain intact and can help speed the healing of the treated skin. The Fraxel Restore laser is more powerful and precise than previous resurfacing machines. This laser system is FDA approved for treatment of melasma, periorbital wrinkles, acne and surgical scars, pigmented lesions, and skin resurfacing. It is important to realize that this is *not* the same as the Fraxel Refine laser offered at some spas. The Fraxel Restore laser penetrates deeper and helps reverse damage to the skin for more noticeable results. Most people require at least 4 treatments to get optimal results.

PHOTOFACIAL TREATMENTS

As summer fades away, it is a great time to fade away your sun damage spots! Photofacial, also known as Intense Pulsed Light (IPL), treatments work best to improve any brown or red discolorations in your skin. Whether you have brown age spots, rosacea-prone skin, broken vessels, or a mottled sun-damaged neck, photofacials can help even out your skin tone and color. We use state-of-the-art machines that maximize results and minimize downtime. Depending on your skin type, you may need anywhere from 3-6 treatments.

SPOTTY SKIN: Brown "age" spots are called lentigines, and they are a direct result of sun exposure over your lifetime. Photofacials deliver pulses of light to the affected areas without creating a wound. After each treatment, the lentigines will darken at first and then gradually lighten up over the following weeks.

THE RED NECK: Many people have a lot of mottled pigment on either side of their neck. The central neck stays relatively unharmed due to the fact that your chin blocks most of the sunlight from penetrating there.

BROKEN VESSELS AND ROSACEA: Do people think that you are a drinker because you flush easily and have a red nose often? Are you tired of the broken vessels on your chin, cheeks or around your nose? Photofacial treatments are one way to manage these problems.

COUPON

Receive a **FREE**

Theraplex Moisturizing Lotion

with your first laser treatment at
Rabin-Greenberg Dermatology.

Offer expires December 31, 2007

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RESTORING FACIAL VOLUME

Q: What is the difference between Botox and fillers?

A: Botox is a purified protein that enables your muscles to relax so the muscles cannot continually make furrows and folds in your skin. While Botox is ideal on its own for forehead and eye area wrinkles, it should be accompanied by fillers for the folds of the mid and lower face. This is because in the mid and lower face, the problem is not primarily from an overactive muscle, but mostly from the descent of the underlying fat pads and collagen over time. So in these areas, the key is adding back some volume. This can be accomplished with fillers such as Restylane or Juvéderm and biostimulatory agents such as Radiesse and Sculptra.

Q: What are fillers made from and are they safe?

A: There are three main categories to consider when talking about restoring facial contour and volume: **1) Restylane** and **Juvéderm** -- hyaluronic acids, **2) Radiesse** -- calcium microspheres, and **3) Sculptra** -- poly-L-lactic acid. Hyaluronic Acid (HA) is something that already exists in the human body but with time, our HA content decreases. The HA fillers temporarily restore the hyaluronic acid content in the area in which they are placed. Radiesse is not only an immediate filler, but also is approved as a biostimulatory agent because it stimulates your body to build a new layer of collagen as the calcium spheres get absorbed. For this reason, it lasts longer than the HAs and gives correction for longer than 1 year. Sculptra is another biostimulatory agent. This

is not an immediate fill but instead is a series of treatments with a very gradual improvement. In fact, it has been nicknamed the “liquid lift” as it stimulates your skin to thicken over months of time so your facial skin appears tighter. This is FDA approved to last up to 2 years. All of these choices are very safe and have undergone extensive clinical trials to become FDA approved.

Q: Which material is right for me?

A: If you have mild to moderate folds, a hyaluronic acid filler like Juvéderm or Restylane will work well. These are also wonderful for defining the lip borders and plumping up the lips. For deeper folds or overall wrinkly skin, a biostimulatory agent like Radiesse or Sculptra will be best.

Q: How frequently will I need touch-ups?

A: Each material lasts for different lengths of time. In general, Restylane 6-9 months, Juvéderm 1 year, Radiesse more than 1 year, and Sculptra up to 2 years.

Q: Does it hurt?

A: Each treatment does require multiple injections, so we use a combination of local anesthetic blocks and topical anesthesia to minimize any discomfort.

Q: What should I expect afterwards?

A: It is common to have some redness, swelling, and bruising which may last 7-14 days. Eating fresh pineapple the day before the treatment and using ice packs after the procedure will help reduce bruising and swelling. Auriderm gel is also a great help when it comes to minimizing the bruising.

TIPS TO AVOID DRY, ITCHY SKIN THIS WINTER

1. Use a humidifier when possible.
2. Baths and showers should be warm but not hot.
3. Moisturize frequently throughout the day and also within minutes of getting out of the bath or shower. This locks in the water content of your skin. Theraplex lotion is an effective yet lightweight moisturizer. Cetaphil cream is another good option.
4. Eliminate excessive exposure to soap and water. Use a mild liquid soap like Dove or Purpose.
5. Use a moisturizer frequently throughout the day and after washing your hands.

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