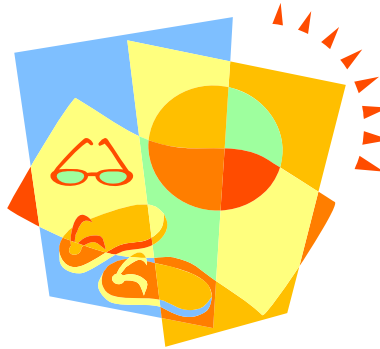


Rabin-Greenberg Dermatology

Spring/Summer 2008

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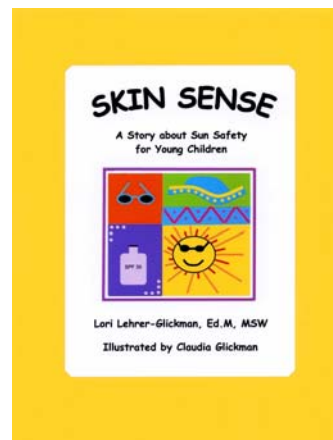
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Welcome to the spring/summer issue of the Rabin-Greenberg Dermatology newsletter! As always, we are committed and proud to stay at the forefront of all the new advances in dermatology and will continue to offer you the very best in comprehensive skin care. Only a dermatologist is qualified to evaluate your skin, determine if there are any suspicious lesions, and review both medical and cosmetic treatment options.

Did you know that May is national skin cancer awareness month? In this issue we want to help promote awareness by highlighting the three most common forms of skin cancer and the simple things you can do to prevent them.

Summer means lots of bathing suits and outdoor activities. Women, wouldn't it be great if you didn't have to shave your underarms or legs? Men, would you enjoy a cooler summer if that back hair were gone? Check out the *Shedding Some Light on Lasers* section to learn more about the advantages of laser hair removal. It's a perfect time to schedule your laser hair removal treatments and make your summer a breeze!

SKIN SENSE -- This is the first published book ever available to teach young children the importance of sun protection. In this colorful and fun narrative, kids learn why and how to protect their skin. Proper and routine sun protection,



beginning in early childhood, will greatly reduce one's risk of developing skin cancer as an adult. Frustrated by the lack of children's books on sun safety, Dr. Bell asked her sister Lori Glickman to write a

book specifically for this impressionable age group. Lori Glickman is both a writer and a child-centered therapist and has succeeded in writing this accurate book that grabs the attention of her young audience and impels them to want to protect their skin. You can purchase a copy of the book by emailing LGbooksforkids@aol.com.

Visit us on the web at www.rabingreenbergdermatology.com

PUCKER UP!

Lips and lower face rejuvenation



Are your lips starting to lose definition? Are the corners of your mouth starting to turn downward so you look like you are sad or frowning? As we age, the upper lip does flatten out and appears smaller. Fortunately, with some tiny injections and minimal discomfort, there are several ways you can soften the lines and freshen up your look. Juvéderm is a very natural looking and feeling hyaluronic acid filler. It can give the borders and belly of your lips a fuller look. To improve a downward-turning mouth you can put fillers at the mouth corners and a few units of Botox under the chin.

The folds that develop from the mouth corners to the chin are called marionette lines. You can directly soften these lines with Radiesse. This is a calcium microsphere material that not only gives an immediate fill, but also stimulates your body to build its own collagen over the following months. Radiesse is also wonderful for giving volume and definition to the jawline and chin area which is essential for retaining a youthful appearance as our jaw bone density decreases with age.

Another option for facial rejuvenation is Sculptra. This is a biostimulatory volumizer that builds new collagen over a series of treatment sessions. This is not an immediate fill but very slowly over several months, you will have a beautiful, natural correction that can last up to 2 years.

We are fortunate to have so many available choices for non-surgical facial rejuvenation. It is essential to have a comprehensive facial evaluation with your dermatologist in order to determine the most appropriate treatment plan for your facial structure. For some people a combination approach may give the most desirable results.

PRODUCT TIPS- WHAT TO USE AND WHY

USE THESE TO PREVENT SUN DAMAGE:

LA-ROCHE POSAY ANTHELIOS WITH SPF

Apply this moisturizer first thing in the morning after washing your face for complete moisture and excellent protection against UVA/UVB rays.

GLOMINERAL MAKE-UP

Use this fabulous make-up right over your moisturizer. Its great for all skin types and contains antioxidants, UV protection, and vitamins C, A, K, and E.

SKIN CEUTICALS 45 SUNBLOCK

Planning to be outdoors? Use this strong physical sunblock as it does not allow the sun's rays to penetrate your skin.

USE THESE TO REVERSE SUN DAMAGE:

PREVAGE MD

Lighten brown spots, reverse fine lines, and soften wrinkles with this physician grade antioxidant.

REVALESKIN

This potent coffee berry antioxidant helps fight against the daily oxidative stresses that our skin encounters. Day and night creams are available.

TNS EYE & FACE CREAM

Improve your skin quality with growth factors and antioxidants. These stimulate your own collagen, reduce your fine lines, and soften your wrinkles.

SHEDDING SOME LIGHT ON LASERS

LASER HAIR REMOVAL FOR MEN and WOMEN:

Q: What are the advantages of laser hair removal?

A: Laser hair removal is remarkably effective, fast, easy, more precise, and less painful than other options. If you are already spending money regularly on other forms of hair removal or bleaching, the laser has proven to be the most cost-effective treatment over the long run. Any area of the body can be treated.

Q: How does the laser work?

A: The heat of the laser energy will disable the hair in the treatment area but not all hairs are destroyed with one treatment. A series of treatments is necessary to target the different growth phases that occur and allows the results to accumulate.

Q: Is it safe for me?

A: Before scheduling an appointment for a treatment, you will need a brief consultation with one of our doctors, nurses or aestheticians. This is to analyze your skin type and make sure that you are a good candidate for the procedure. We will also review some tips on what you can do before and after treatment to have the best outcome.

COUPON

Bring a friend for any laser treatment and you both will receive a

FREE

GLOMINERAL MAKE-UP Gift

Offer applies for first time laser treatments only.

Rabin-Greenberg Dermatology.

Offer expires August 31, 2008

Q: How many treatments will I need?

A: Most people are satisfied after 3-6 treatments. After each treatment, you will notice that fewer and fewer hairs grow back. Some people may require a maintenance treatment 2-5 years later, but for the most part, if any hairs grow back, they are usually fine and wispy and do not require re-treatment.

Q: Does the laser always work?

A: Dark hairs respond the best to the laser. White, grey or red hairs do not respond well to the laser.

Q: Is it safe for all skin types?

A: If you have naturally dark skin or tanned skin, we will need to treat you more cautiously as the skin pigment competes with the hair follicle for the laser energy. This usually requires turning the energy down during your treatments and may mean you will need more treatments than other people who have fair skin. It is best to avoid sun exposure in the treated areas as tanning darkens the skin and makes it more difficult to safely remove the hair.

Q: Does it hurt?

A: The laser feels like a snap of a rubber band with a mild sensation of heat. The procedure is tolerated very well. Some areas such as the underarms are more sensitive than other areas of the body. If you like, you can apply an over-the-counter anesthetic cream before the procedure. Ask us for detailed instructions.

Q: What does it look like after treatment?

A: The skin may be red and sometimes can form some small pink bumps around the hair follicles. You should apply ice packs or hydrocortisone cream to the affected area for the first several hours after treatment. Hairs fall out over the next 2-4 weeks. Blisters, color changes, and scars are extremely rare.

Visit us on the web at www.rabingreenbergdermatology.com

SKIN CANCER

WHAT YOU CAN DO TO PREVENT IT

Did you know that more than 1 million people are diagnosed with skin cancer every year in the United States? The numbers are staggering and continue to increase, despite our efforts to promote education and routine skin screening exams. Here we will address skin cancer and review tips on how to limit your lifetime risk.

Basal Cell Carcinoma (BCC) is the most common form of skin cancer. This type is mostly caused by sun exposure, is very slow growing, and stays localized. If not treated, BCCs can invade and destroy the local area beneath it, but fortunately, almost all BCCs are 100% curable. The Squamous Cell Carcinoma (SCC) is another common skin cancer that is mostly sun induced. Although this has a small chance of spreading to other body parts through the blood stream, most can be cured. Malignant melanoma (MM) is the most deadly type of skin cancer. Melanomas are partly genetic and partly sun-induced. MM can arise from an existing mole or show up suddenly as a new “mole.” Although MM can spread quickly and be fatal, if detected at an early stage it can be cured.

There are many factors that can contribute to skin cancer, but the ultraviolet radiation (UVR) from sunlight is the largest external cause. Thus, by protecting your skin from the sun each and every day, you can help prevent a lot of future damage.

Keeping the sun off your skin is the most effective preventive measure. Choose indoor activities during peak sunlight hours.

Don't forget to wear hats, sunglasses, and UVR protective clothing. When you are swimming or doing an outdoor activity with some skin areas exposed to the sun, it is *so* important to wear a sunblock with SPF 30 or higher! The key is to apply a nice, generous layer 20-30 minutes BEFORE going outside.

Do not be fooled by lotions that say they are water-resistant. Regardless of which brand you use, you will still need to reapply every 2 hours to be best protected if you are swimming or sweating excessively.

It is imperative to do a monthly self exam at home and visit a dermatologist for a full body exam at least once a year. Of course, if you find something new or changing on your skin, you should make an appointment and get it checked out right away. Visit our website under the patient services/medical dermatology section to learn more details on what to look for on your skin and how to do a self skin exam.



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