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health & wellness special edition

THE LATEST ON
ANTI-AGING

Heart
HEALTH
BREAKTHROUGHS

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with your smile

Be Healthy, Live Well &
Look Great
SPREADING THE NEWS

DR. MARK NESTOR IS UP ON ALL THE LATEST INNOVATIONS IN COSMETIC ENHANCEMENTS, SOME OF WHICH CAN EVEN IMPROVE YOUR HEALTH.

THE FACT THAT DR. MARK NESTOR IS—in addition to being one of Aventura's best-known and respected dermatologists and surgeons—also an assistant professor of the Dept. of Dermatology and Cutaneous Surgery at the UM Miller School of Medicine as well as the Director of the Center for Cosmetic Enhancement and the Director of the Center for Clinical and Cosmetic Research in Aventura makes him a wealth of knowledge in his field as well as one of the first to find out about the latest and greatest techniques and procedures in plastic and cosmetic surgery. And not only does he find out about them; he often helps discover and develop them.

"There are several new things that I think are of interest to the public now," he says, when asked to share the latest innovations and procedures with readers. "For one, there's a new toxin called Xeomin, and a study is about to come out that will compare it to Botox and Dysport." Xeomin was cleared for use by the FDA last year and is made with botulinum toxin type A; its clearance for use could create enough competition with Botox and Dysport to drive down prices in general on all wrinkle and frown line injectables. It contains no other ingredients besides botulinum toxin type A, does not need to be refrigerated before use, and like its alternatives, lasts on average between three and six months.

Also on the topic of fillers, Dr. Nestor says, "More and more, we're looking at the aspect of fillers to stimulate collagen production over the long term. It's something we've known about for some time, but the new data is coming in to support the notion that we can use some of the safe fillers for more than just getting rid of wrinkles temporarily." While Restylane does a remarkable job of filling out laugh lines and "marionette" lines, it traditionally has been applied in such a way that it must be redone every six months or so depending on the individual. "This could be very beneficial, because although Restylane is absorbed eventually, if it's done using a method that will stimulate collagen, eventually you won't need to keep coming back to get it."

Number three on Dr. Nestor's list of news and notes worth is Zeltiq, a non-invasive cool sculpting technique that, combined with Zerona—the first non-invasive body contouring procedure that effectively removes excess fat with low-level laser technology—can reshape specific areas of the body without anesthesia or recovery time. "It's totally painless, done in a series of treatments and after two weeks, you can see a significant change," he says. "It's very fast, very effective, and can be done on the arms, the abdomen, love handles, and other areas. It's not for weight loss, but for body sculpting." He adds, "Of course, if you don't change your lifestyle habits, the result may not be permanent." An interesting yet not widely known finding that Dr. Nestor says will soon be revealed publicly. "It appears that Zerona improves certain types of diabetes, since diabetes has primarily to do with fat metabolism and fat is reduced with the procedure."

Dr. Nestor is always excited about discovering, sharing and offering new developments in medicine and cosmetic treatments. But, as he says, "It's really important to tell people the things we can do to make them look and feel better, but it's especially so when it can also make them feel and be healthier."  

To schedule a consultation or to learn more about Dr. Mark Nestor, call 305.933.6716 or visit marknestormd.com.