It is my pleasure to keep you abreast of the latest developments in the field of cosmetic dermatology and aesthetic medicine, as well as new procedures and techniques provided in our office.

I am very excited about the results we are obtaining with several new skin tightening procedures, described in detail in this newsletter. These new treatments further enable us to help patients turn back the hands of time and keep the fresh, firm complexion of youth.

In addition, techniques for the use of photodynamic therapy for photorejuvenation of sun-damaged skin and acne have improved dramatically and are becoming more and more popular.

We are also increasingly applying a combination of dermal fillers, such as Restylane, and Botox treatments. Used in conjunction, these non-invasive techniques can provide truly dramatic and beautiful results.

I am also happy to share with you information about my recent professional endeavors, and want to once again personally thank each of my patients for their continued support and trust. I appreciate that you have chosen me for your dermatologic and cosmetic needs, and continue to strive to provide superior care and the latest treatment options available. Please contact me if you have any questions or concerns.

-- Mark S. Nestor, M.D., PH.D.
Repair Aging and Sun-Damaged Skin: Procedures Provide Beautiful Results and Faster Healing Time

Are you considering a skin rejuvenation procedure but your busy schedule won’t allow for a long healing time? Laser procedures such as micro laser peels, Fraxel and Cool Touch can provide excellent results with minimal, if any, healing time because they are minimally or non-ablative (non-wounding).

The Center of Cosmetic Enhancement was among the first to offer the new Fraxel laser treatment, which targets and treats only a fraction of the skin’s surface at a time. Typically, only about 25 percent of the skin’s surface is treated at each session, leaving the remainder unaffected and intact. This fractional treatment allows the skin to heal much faster than if the entire area was treated at once, using the body’s natural healing process to create new, healthy tissue to replace skin imperfections.

In addition, Dr. Nestor is among the most experienced doctors in the world providing the full spectrum of micro laser procedures, often referred to as lunchtime laser procedures, to treat wrinkles, scars and stretch marks over a short period of time with no down time.

Thermage Tightens and Tones Your Skin for a Beautiful New You

Whether you have loose skin as a result of a loss of collagen due to aging, or dramatic weight loss or pregnancy, you would probably like to tighten it up. Diet and exercise typically don’t help. Until recently, surgery was the only option, but now there are non-surgical treatment options that offer dramatic results.

In addition to use on the neck and face, Thermage just received FDA approval for use on other parts of the body including the abdomen, thighs, hands and buttocks. Dr. Nestor is a leading expert in this procedure, having served as part of a multi-specialty consensus advisory panel for the manufacturer of the device, and is currently conducting FDA trials on Thermage on the upper arms.

“Facial treatments result in more youthful complexion with fewer lines and folds of skin, and patients have been very excited about the opportunity to correct off-the-face problem areas,” said Dr. Nestor.

The Thermage procedure tightens and tones the skin by heating the fibrous tissues that connect the muscle to the skin. This heating can cause immediate collagen contraction, and over the months after treatment, new collagen growth results in further tightening. Thermage can be used in combination with other cosmetic treatments.

A Younger Looking You is Just a Shot Away

The use of a combination of injectable cosmetic treatments like Botox and Restylane continues to be popular with patients that want to minimize fine lines and wrinkles.

Using these treatments in combination can provide results so dramatic that they are often compared to a mini-facelift or eyebrow lift. Research has even shown that using both products in combination may allow for longer duration of both.

Botox is the only injectable treatment for reducing movement-associated wrinkles on the upper portion of the face and neck, and is typically used for frown lines and crow’s feet. Dermal fillers such as collagen or Restylane treat the lower face for laugh lines and deep nasolabial creases. The combination of Botox and Restylane can also provide a non-surgical brow lift.

Dr. Nestor is an internationally renowned expert in training doctors in the use of Botox and Restylane.
mark S. Nestor, m.d., PH.d.
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Clinical Trials

- Thermage under the arms
- Topical medicine for acne
- New topical anti-aging regiment
- Wound care dressings for post-aesthetic procedures
- New topical formulation for medical acne
- New topical formulation for stretch marks
- Botox for underarm sweating
- Fraxel, Titan, Thermage laser treatments
- Botox for underarm sweating
- Tattoo removal
- New Zeno Zit Zapper

Recent Seminars

- Photodynamic Therapy & Aesthetic Treatments
  The American Academy of Dermatology's 64th Annual Meeting
  March 2006, San Francisco, CA
- Cutting edge research regarding photodynamic therapy and aesthetic laser procedures
  Winter Clinical Dermatology Conference
  January 2006, Maui, HI
- American Society of Cosmetic Dermatology
  & Aesthetic Surgery Annual Meeting
  December 2005, Las Vegas, NV
- Cosmetic Laser Seminars
  November 2005, San Diego, CA
- American Society for Dermatologic Surgery Annual Meeting
  October 2005, Atlanta, GA
- International Society for Cosmetic & Laser Surgery
  September 2005, Las Vegas, NV
- Galderma Aesthetic Advisory Board Meeting
  September 2005, Paris, France
- American Academy of Dermatology Summer Meeting
  July 2005, Chicago, IL
- Atlantic Dermatology Conference
  May 2005, New York, NY
- ISCLS
  April 2005, New York, NY

Television Appearances

- WSVN Channel 7
  For a story about Heliocare.
- WPLG Channel 10
  For a story about photodynamic acne treatment.
- WPLG Channel 10
  For stories on Fraxel, Titan and Thermage laser treatments.
- WFOR Channel 4
  For a story on tattoo removal.
- WFOR Channel 4
  For a story about Botox to stop underarm sweating.
- WSVN Channel 7
  For a story on the new Zeno Zit Zapper.

In The News

- Dr. Nestor was recently interviewed by:

  PRINT ARTICLES

  • Miami Herald
  A story about anti-aging and the latest cosmetic procedures.
  • Miami Herald
  A story about using Botox to stop underarm sweating.
  • Aventura Magazine
  Dr. Nestor composed an article about stretch marks.

  TELEVISION APPEARANCES

  • Miami Herald
  Dr. Nestor was recently interviewed on:

  • WSVN Channel 7
  • WPLG Channel 10
  • WFOR Channel 4
  • WSVN Channel 7
  • WPLG Channel 10
  • WFOR Channel 4
  • WSVN Channel 7
  • WFOR Channel 4
  • WFOR Channel 4

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