

Contour Your
Face, Neck and
Body with
Smartlipo™

Fill in the
Blanks for a
More Youthful,
Vibrant Look

Antioxidants
for Your Skin

Photodynamic
Therapy – For
Sun Damage
and More

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CENTER FOR
Cosmetic ENHANCEMENT™

Recent Media

Dr. Nestor is frequently called upon by the local media to discuss the latest advances in general dermatology and aesthetic procedures. He has been interviewed by:

PRINT ARTICLES

- Miami Herald *For a story about enlarged pores*
- Miami Herald *For a story about skin cancer*
- Ocean Drive Magazine
For a story about The Center for Cosmetic Enhancement

TELEVISION APPEARANCES

- WFOR Channel 4 - *For a story about skin care creams*
- WPLG Channel 10 -
For a story about Clear Light treatment for acne
- WPLG Channel 10 - *For a story about Juvederm*
- WPLG Channel 10 - *For a story about Revaleskin*

For the sixth consecutive year, Dr. Nestor chaired the South Beach Symposium, a cutting-edge medical education and training conference on clinical and surgical dermatology, aesthetic enhancement and practice management, which took place on February 15-19, 2007. This successful event was attended by more than 600 dermatologists, plastic surgeons, cosmetic surgeons and their professional staff from around the world.

Recent Seminars

Dr. Nestor is a frequent lecturer on dermatology topics, and can be heard around the globe giving the most up to date information to fellow physicians everywhere. Some of his recent speaking engagements have been at the following seminars and meetings:

- Florida Society of Dermatology and Dermatologic Surgery Annual Meeting. *June 2007, Palm Beach, FL*
- International Congress of Cosmetic Dermatology. *June 2007, Mexico City, Mexico*
- Cosmetic Dermatology Seminar. *May 2007, Orlando, FL*
- American Society for Laser Medicine and Surgery Annual Meeting. *April 2007, Grapevine, TX*
- American Osteopathic Dermatology Association Midyear Meeting. *March 2007, Santa Fe, NM.*
- American Academy of Dermatology Annual Meeting. *February 2007, Washington, D.C.*
- Winter Clinical Dermatology Conference. *January 2007, Kona, HI*
- American Academy of Dermatology Summit. *December 2006, Phoenix, AZ*
- American Society for Dermatologist Surgery Annual Meeting. *October 2006, Palm Desert, CA*

Clinical Trials

- Dr. Nestor just concluded a clinical trial on a topical acne medicine for people with mild to moderate acne.
- Dr. Nestor just concluded a split face study on an anti-aging topical cream that addresses fine lines around the eyes and mouth.
- Dr. Nestor has recently begun a study for a new injectable addressing frown lines.
- Dr. Nestor is conducting a split chest trial on new topical healing substances.
- Dr. Nestor just concluded an FDA trial for the use of Thermage under the arms.



Letter From the Doctor

As always, it is a pleasure to share with you the advances in the fields of dermatology and aesthetic medicine that enable my staff and me to make our patients both look and feel their best.

At the Center for Cosmetic Enhancement in Aventura we now utilize 35 different laser and cosmetic devices to offer a wide range of noninvasive procedures. Whether we are treating a patient with a medical concern such as acne or rosacea, or working to reverse the signs of aging to improve appearance, we can offer more treatment options today than ever before.

Increasingly we are utilizing a combination of therapies customized to provide each individual the best possible results.

I continue to be very enthusiastic about the results we are obtaining using photodynamic acne treatment (PDT) for severe pustular and cystic acne, which is proving to be a great alternative to Accutane without any of the systemic side effects.

Some of our newer aesthetic offerings include the new dermal fillers Perlane, Juvederm and Radiesse, which provide

dramatic results in wrinkle and line reduction. In addition, they are longer lasting than some of the other dermal fillers, and we are pleased to have recently added them to our list of offerings.

In the pages of this newsletter you'll find further detail on many of the treatment options we provide. I would like to thank you once again for entrusting me with your care. We continue to strive to do the best possible job to help you look and feel your best. Please feel free to contact me with any questions or concerns.

-- Mark S. Nestor, M.D., PH.D.



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Contour Your Face, Neck and Body With a Combination of Smartlipo™ and Skin Tightening Procedures

Smartlipo is a new, minimally invasive procedure for the removal of fat now offered at the Center for Cosmetic Enhancement in Aventura.

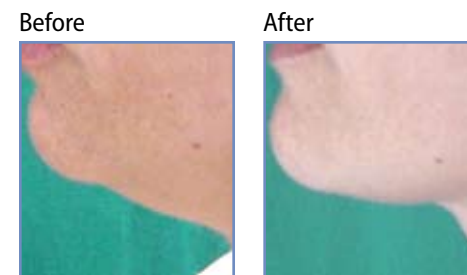
“There are some areas of the body where fat collects that just don’t respond to diet and exercise,” said Dr. Nestor. “Using these procedures in combination allows us to sculpt these small areas of the body in a very safe and effective way.”

It is the first and only laser lipolysis system for fat removal, and is intended to treat very small areas of fat that aren’t improved by diet and exercise, and that traditional liposuction usually can’t reach. It is ideal for treating small areas on the face, neck and arms, as well as loose and flabby skin, and works well when combined with skin tightening procedures such as Thermage and Titan.

Dr. Nestor is very pleased with the results he has obtained combining these procedures.

“There are some areas of the body where fat collects that just don’t respond to diet and exercise,” said Dr. Nestor. “Using these procedures in combination allows us to sculpt these small areas of the body in a very safe and effective way.”

The Center for Cosmetic Enhancement is happy to provide you with additional information on these exciting new procedures.



Fill in the Blanks for a More Youthful, Vibrant Look

The next generation of injectable dermal fillers is paving the way for people to attain a more youthful and vibrant look. As the industry evolves, it is easier to achieve beautiful results without surgery.

If you are interested in minimizing fine lines and wrinkles, there are many new treatments for you to consider. Three of the newest options are Perlane, Juvederm and Radiesse.

Perlane, which was most recently approved by the FDA and is produced by the same company that developed Restylane, is a natural substance used to replace lost tissue volume.

In addition, the FDA has approved Radiesse, which provides dramatic results that can last almost twice as long as other products. It is used to fill in the nasolabial folds, or smile lines.

Juvederm is an FDA-approved dermal filler made by the same company that developed Botox. It is a gel product made from hyaluronic acid, a natural component of the body that works to hold moisture in the body’s cells while increasing elasticity, durability and radiance. Juvederm plumps up the lips, fills in wrinkles and offers a youthful, refreshed and smooth look. It also lasts longer than traditional dermal fillers.

“Each of these products is effective. Which one is best depends on each individual patient’s need,” said Dr. Nestor, who has served on the clinical advisory panel for many of these companies.

Photodynamic Therapy – For Sun Damage and More

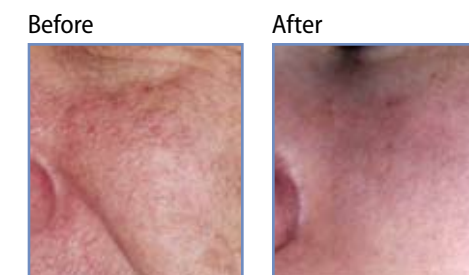
Most people think of skin rejuvenation when they think of laser and light procedures. However, as President of the American Society of Photodynamic Therapy, Dr. Nestor wants his patients to know that photodynamic therapy (PDT) provides effective treatment for clinical conditions as well.

“Photodynamic therapy gives patients another option for the treatment of early cancers and pre-cancers, and it often improves their cosmetic outlook. In addition, recent studies show it reduces future skin cancers,” said Dr. Nestor

The last issue of this newsletter discussed PDT’s use for severe pustular and cystic acne. In addition to acne, PDT is also used to reduce sun damage and treat pre-cancers and early cancers.

“Sun damage is very prevalent, especially here in South Florida,” said Dr. Nestor. “Photodynamic therapy gives patients another option for the treatment of early cancers and pre-cancers, and it often improves their cosmetic outlook. In addition, recent studies show it reduces future skin cancers.”

While initial results may be seen as early as the first PDT session, most patients require a series of three to five sessions to see significant results. If you suffer from either of these common skin conditions, Dr. Nestor can help you determine if PDT is right for you.

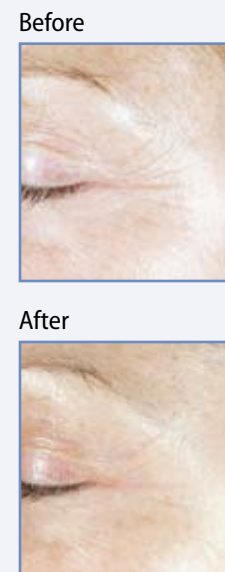


NEW TREATMENT

Antioxidants for Your Skin

The Center for Cosmetic Enhancement in Aventura is pleased to announce that it is now offering Revaleskin™ a promising new skin care line formulated with CoffeeBerry®, a powerful antioxidant derived from the fruit that grows on the coffee plant. Clinical studies have found that, with daily use, it can enhance skin tone, diminish the appearance of fine lines and wrinkles, and improve skin pigmentation caused by sun exposure.

“Daily skin care is important for our patients’ health as well as their beauty, and we are pleased to continue to offer all the latest options in skin care,” said Dr. Nestor. Other quality skin care product lines available at the Center for Cosmetic Enhancement in Aventura include Vivier, Skin Medica and Alyria.



Procedures:

PHOTODYNAMIC SKIN REJUVENATION
Reduces sun damage, pre-cancers, early skin cancers, cystic acne and also used for cosmetic enhancement.

PHOTOREJUVENATION
Uses pulses of light to solve multiple cosmetic problems with virtually no pain, recovery or investment of time.

COOL TOUCH LASER PROCEDURES
“Lunchtime laser procedures” that treat wrinkles, scars and stretch marks over a short period of time with no downtime.

PULSE DYE LASER PROCEDURE
Rebuilds collagen in aging skin, thereby reducing the appearance of wrinkles and fine lines, dramatically reduces scars including keloids.

THERMALIFT OR THERMAGE
An exciting new, no downtime procedure that tightens the skin of the neck and face and other parts of the body without surgery.

SMARTLIPO
The first and only laser lipolysis system for fat removal used to treat very small areas of fat that aren’t improved by diet and exercise.

TITAN
A safe, non-surgical process that uses an infrared light source to tighten skin and reverse the signs of aging, treating lax and redundant skin throughout the body.

FRAXEL
A new laser utilizing a unique technique to repair aging and sun-damaged skin, a fraction at a time.

LASER HAIR REMOVAL
A new generation of lasers make permanent hair removal increasingly faster, more reliable and very effective.

PARTICLE SKIN RESURFACING
Treats acne and hyperpigmentation (darkening of the skin), as well as fine lines and wrinkles, stretch marks and other imperfections.

BOTOX
Injections are used to reduce facial wrinkles, crow’s feet and vertical lines that form between the eyebrows.

FILLERS
Collagen replacement therapy, Perlane, Juvederm, Radiesse, Restylane, Sculptra and Hylaform can diminish frown lines, acne scars, lip lines, smile lines and crow’s feet

LASER RESURFACING
A variety of lasers can be used to treat deep lines and wrinkles, as well superficial wrinkles and alterations in pigmentation, including dark circles under the eyes.

LASER TATTOO REMOVAL
A safe, minimally invasive procedure that only affects the ink used to produce the tattoo.

BROWN SPOT REMOVAL
Photorejuvenation and the QSwitched Ruby Laser have been effective in reversing sun damage and getting rid of troublesome brown spots.

VASCULAR LESIONS AND LEG VEINS
Several laser procedures are effective in treating port wine stains, spider veins and other vascular anomalies.

SCARS AND STRETCH MARKS
Scars and stretch marks can be treated in a variety of ways, depending on the location and severity of the scar.

ACNE TREATMENTS
Therapies include Clearlight and Photodynamic Acne Treatments, as well as the tried and true creams, scrubs and washes.

PROFRACTIONAL
A new fractional Erbium laser that improves wrinkles, skin tone and texture with minimal or no downtime.