

Repair Aging
& Sun-Damaged
Skin

The Latest Acne
Treatments

New Skin
Tightening
Procedures

The Latest
Injectable
Cosmetic
Treatments

Letter From the Doctor

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.



Mark S. Nestor, M.D., PH.D.
Dermatology and Dermatologic Surgery

Ph.D. and M.D.
UCLA School of Medicine

Residency in Dermatology
New York University
Medical Center

Board Certified Dermatologist

Diplomate American Board of Dermatology

Clinical Associate Professor
at University of Miami,
Miller School of Medicine
Department of Dermatology
and Cutaneous Surgery

Fellow of the American
Academy of Dermatology
and American Society
for Laser Medicine and Surgery, Inc.

President-Elect of the International Society
of Cosmetic and Laser Surgeons

Past President of the Florida
Society of Dermatology and
Dermatologic Surgery

President of American Society
of Photodynamic Therapy

2925 Aventura Boulevard, Suite 205
Aventura, Florida 33180
Tel. 305.933.6716 | Fax. 305.933.6720

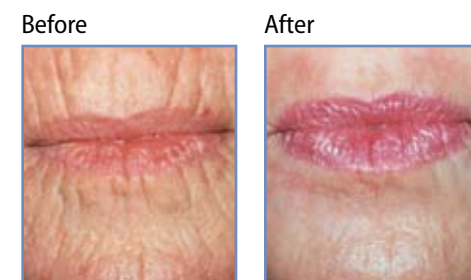
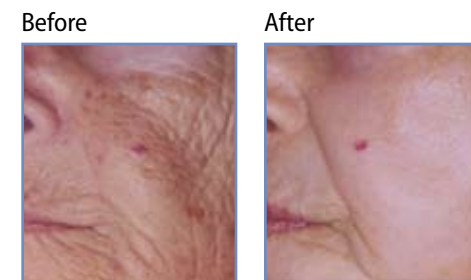
Repair Aging and Sun-Damaged Skin: Procedures Provide Beautiful Results and Faster Healing Time

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.

Dr. Nestor has pioneered the use of Photodynamic Therapy (PDT) to treat sun damaged skin and recent studies show this can reduce future skin cancers. Dr. Nestor trains other doctors in the use of the long pulse Erbium laser for deep lines, wrinkles and sun damage.



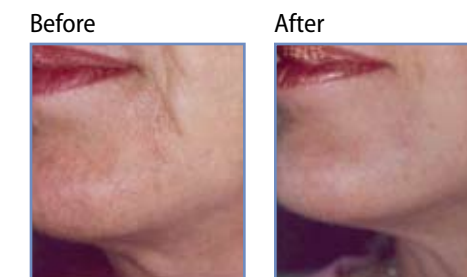
Thermage Tightens and Tones Your Skin for a Beautiful New You

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.

"Facial treatments result in more youthful complexions 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.

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.



A Younger Looking You is Just a Shot Away

The use of a combination of injectable cosmetic treatments like Botox Cosmetic 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.



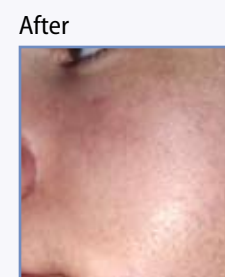
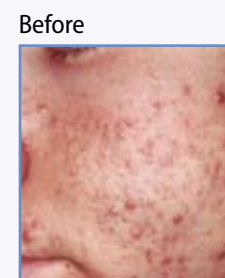
NEW PROCEDURE

Laser and Light Procedures - The Latest Weapons in the War Against Acne

Everyone understands how severe acne impacts teenagers and adults, both physically and emotionally. Fortunately, advances in laser and photodynamic therapies are enabling us to provide safer and better treatment options than ever before. Dr. Nestor has numerous laser and light devices in his office and has helped many patients dramatically improve the look of acne and acne scars.

The Cool Touch and Smoothbeam lasers all provide effective acne treatments. In addition, Dr. Nestor has pioneered photodynamic acne treatment (PDT) for severe pustular and cystic acne, which provide results similar to Accutane without any of the side effects.

In addition, Fraxel, Cool Touch and Smoothbeam laser treatments can dramatically improve acne scarring. Dr. Nestor can provide more information about these treatment options to help you decide which is best for you.



Treatments:

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

A "lunchtime laser procedure" that treats wrinkles, scars and stretch marks over a short period of time with no down time.

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.

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 has made 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, 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 as 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.



Recently, Dr. Nestor chaired the 2006 South Beach Symposium, a cutting-edge medical education and training conference on clinical and surgical dermatology, aesthetic enhancement and practice management. This successful event was attended by more than 550 dermatologists, plastic surgeons, cosmetic surgeons and their professional staff from around the world.

- Dr. Nestor is conducting an FDA trial for the use of Thermanage under the arms.
- Dr. Nestor just concluded a clinical trial on topical medicine for acne, and will soon be starting a new clinical trial on a new topical anti-aging regimen.
- Dr. Nestor concluded a clinical study to evaluate a wound care facial dressing for post-aesthetic laser procedures.

Clinical Trials

- Dr. Nestor is a frequent lecturer on the topic of cosmetic dermatology, and can be heard around the globe giving the most up-to-date information on the topic to fellow physicians everywhere.
- Some of his recent seminars and lectures included:
 - 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
 - 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*
 - ISCL5 *April 2005, New York, NY*

Recent Seminars

Dr. Nestor is frequently called upon by the local media to discuss the latest advances in cosmetic and general dermatology. A few of his local media appearances include:

PRINT ARTICLES

Dr. Nestor was recently quoted in:

- 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

Dr. Nestor was recently interviewed by:

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

In The News



Mark S. Nestor, M.D., PH.D.
 Dermatology and Dermatologic Surgery
 2925 Aventura Boulevard, Suite 205
 Aventura, Florida 33180
 Tel. 305.933.6716 | Fax. 305.933.6720