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MEET THE DOCTORS

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BLURRING THE LINES BETWEEN YOUNG AND OLD(ER)

Dr. Mark Nestor Helps Miami's Most Beautiful Faces Repel Signs of Aging

In the not-too-distant past, people referred to lasers only when discussing holograms, laser tag or laser cannons à la *Star Wars*. Now we have laser printers, bar-code readers and even pointers designed to help with presentations (but mostly used to confound cats). Each one of us probably has at least one laser at home performing some function, but no one wields a zapper quite like Dr. Mark Nestor, director of both the Center for Cosmetic Enhancement and Center for Clinical and Cosmetic Studies in Aventura.

"One of the common myths is that you can go anywhere for skin treatments and it's the same," he says. "You see the proliferation of these med-spas that are run by radiologists or nonphysicians, etc. People say, 'Oh, look: I can go there and get these things less expensively.' But it's not the same thing. Experience is key."

His office is home to 38 devices devoted to eliminating lines and wrinkles, leg veins, hyperpigmentation, acne, scars and red spots, tattoos and unwanted hair. But the breaking news is that he is now evaluating new technology designed to reduce layers of fat without costing patients much, if any, recovery time. "Instead of liposuction, without disturbing the skin, we can melt away fat," Nestor explains. These devices employ everything from ultrasound to cold and radiofrequency. "That's going to be very, very exciting."

Since receiving his doctorate at UCLA's School of Medicine in 1987, Dr. Nestor has become a highly published, highly lauded lecturer, as well as a voluntary clinical associate professor of the Department of Dermatology and Cutaneous Surgery at the University of Miami Miller School of Medicine. He also hosts the annual South Beach Symposium for about 600



Dr. Mark Nestor with (from left) Tonya Biffle, Judith Avino, Kelly Byard and Julie Santos in his Aventura office.

of these spas opening up are illegal, number one, and do laser hair removal where it shouldn't be done. Attorneys call me all day long for malpractice cases because of problems, burns that are associated with these. Safety is the most important issue." Nestor's office boasts five different hair-removal lasers (each is suitable for a particular skin type), and provides a number of ways to numb various areas prior to a pro-

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leading dermatologists and plastic surgeons. Doubters need only visit his office, where they’ll find walls covered in framed certificates and mounted plaques. And it was he who coined the term “photorejuvenation,” a procedure wherein Intense Pulsed Light (IPL) treats redness, brown spots, sun damage, skin texture and collagen structure all at once, without wounding the patient.

Accordingly, he says people should use discretion when searching for laser hair-removal services or they may end up with disastrous results. “Lasers are very safe in the right hands, but in the wrong hands they’re very dangerous,” he says. “The problem is a lot

cedure. “People come to professionals to not only look good but also have the state of the art in terms of comfort.”

His goal, he says, is to “have people look natural, be healthy and feel better about themselves.” (It’s no coincidence that his wife, Dr. Eva Ritvo, vice chair of the Department of Psychiatry and Behavioral Sciences at UM’s Miller School, recently co-authored a book, *The Beauty Prescription*, focusing on that topic.) Consequently, he depends on myriad techniques to get the job done. “We found that a combination of therapy with lasers works really well,” Nestor says. He has successfully treated patients with photodynamic ther-

apy, a technique merging laser treatment and a topical application. “We do it primarily for prevention, as well as removing sun damage. It can prevent skin cancers and acne. It really has become, in our practice, the replacement for Accutane.”

He also uses fillers, Botox and various cosmeceuticals, some bearing his name, and says he can sometimes even enhance a person’s appearance without surgery, using products and devices such as Thermage, which utilizes capacitive radiofrequency technology, and fillers and toxins that do everything from raising eyebrows to lifting corners of the mouth or neck—and these tools can go places a knife can’t. “Surgery and face-lifts don’t get rid of wrinkles,” he attests.

Naturally, these treatments come at a price. Laser tattoo or hair removal can start at about \$300 to \$500, while other procedures can cost \$7,000 to \$8,000. But, Nestor says, “You get what you pay for. It’s the issue with anything in life.” Additionally, he advises patients to focus on prevention and early treatment.

Nestor also occasionally involves clients in clinical studies, where he can test the latest techniques and technologies. And though he presides over a cache of lasers that would make the Rebel Alliance envious, one piece of technology impresses him most: “I love my iPhone, actually,” he laughs. 