

BEAUTY & HEALTH



Dermatological Innovations

By Mark S. Nestor, Ph.D. and M.D.

In addition to helping people look and feel their best, one of the most exciting aspects of being a dermatologist is keeping abreast of the constant innovations in the field. A number of new aesthetic procedures and skincare treatments have recently become available, providing more options than ever for body contouring, skin tightening, skin rejuvenation and treatment of fine lines and wrinkles.

Body Contouring

In body-conscious South Florida, people want a good physique whether they are in a bathing suit or a gown. While we may strive for perfection, the reality is that many of us have small problem areas such as the neck, face or upper-arms that aren't improved no matter how well we diet or exercise. These are areas traditional liposuction can't reach. Fortunately, **Smartlipo**, a laser lipolysis procedure for fat removal, was just recently introduced to treat these areas. I find that Smartlipo works particularly well in sculpting problem areas when combined with **Thermage** and **Titan**, procedures that tighten and contour the skin. These skin tightening procedures can be used on the face as well as the neck, arms, abdomen, thighs, hands and buttocks.

Facial Rejuvenation

There are myriad options for people who want to rejuvenate their skin. Today's injectables, including **Botox** and dermal fillers, provide wonderful, noninvasive methods of addressing facial wrinkles and fine lines as well as replacing volume. They provide immediate results

and require no downtime. It is becoming increasingly popular to use a combination of these treatments, which together can provide truly dramatic improvements. Recently several new dermal fillers such as **Juvederm**, **Perlane** and **Radiesse** received FDA approval. These products are longer lasting than some of their predecessors. For those who want a more dramatic facial rejuvenation, there is an increasing variety of laser and light procedures to consider, from lunchtime laser quickies to more intensive procedures. To give an idea of the number of options, my office currently uses 35 devices.

Skin Care

Regular skin care and maintenance is key for healthy, beautiful skin. The best thing you can do for the health and appearance of your skin is sun protection, and I strongly recommend everyone use a broad-spectrum sunscreen daily. There are a number of quality skin care lines I recommend. One of the newest is **Revaleskin**, which is 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. These noninvasive or minimally invasive treatments allow people to continue their normal routine while addressing their cosmetic concerns, making it easier than ever to look and feel your best. SA

Mark S. Nestor, Ph.D. and M.D., is a Board Certified Dermatologist with the Center for Cosmetic Enhancement in Aventura. He is a Diplomate of the American Board of Dermatology and Clinical Associate Professor at University of Miami, Miller School of Medicine. He can be reached at 305.933.6716.