



# VIP MedSpa Clinic News

[VIPMedSpaClinic.com](http://VIPMedSpaClinic.com)

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## Medical News

### Study Suggests Link Between Coffee Consumption and Risk of MS

A new study by an international group of researchers found that people who consume multiple cups of coffee each day may be less likely to develop multiple sclerosis.

### Could Drinking a Coke Every Day Increase Cancer Risk?

A new study examined the potential cancer risk associated with exposure to carcinogens found in caramel coloring, commonly used in colas and other soft drinks.

### Chicken Pox Virus Linked to Inflammatory Disease in the Elderly

New research analyzed a possible association between the varicella virus and the risk of developing giant cell arteritis later in life.

*Your Smile Is a Big Part of Your Day. Why let wrinkles get in the way?*

*Style Your Smile* and instantly smooth moderate to severe facial wrinkles and folds with JUVÉDERM® XC in areas such as:

- Parentheses lines
- Corners lines
- Vertical lip lines
- Marionette lines

**JUVÉDERM XC Important Information**

**Indications:** JUVÉDERM® XC is injected into areas of facial tissue where moderate to severe facial wrinkles and folds occur to temporarily add volume to the skin, which may give the appearance of a smoother surface.

**Important Safety Information**

Your physician will take your medical history to determine if you are an appropriate candidate for treatment. The product should not be used in patients who have:

- Known allergy, hypersensitivity to hyaluronic acid or any of the other ingredients
- A history of allergic reaction to lidocaine or Gram positive bacterial proteins

The safety and effectiveness for the treatment of areas other than facial wrinkles and folds such as lips have not been established in controlled clinical studies.

The following are important treatment considerations for you to discuss with your physician and understand in order to help avoid undesirable results and complications:

- Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as well as any product, may experience increased bruising or bleeding at injection site. You should stop all oral aspirin before treatment and all other blood thinners.
- Laser treatment, chemical peeling, or any other procedure based on active dermal response is contraindicated when treated with JUVÉDERM® XC. There is a possible risk of an inflammatory reaction at the treatment site.
- JUVÉDERM® XC should not be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection.
- The safety for use during pregnancy, in breast-feeding females, or in patients under 18 years has not been established.
- The safety in patients with a history of excessive scarring (e.g. hypertrophic scarring and keloid formation) and hypergranulation disorder has not been studied.

Most side effects are mild or moderate in nature, and their duration is short lasting 7 days or less. The most common side effects include, but are not limited to, temporary reaction site reactions such as redness, pain/tenderness, firmness, swelling, bruising, bumps/bumps, bruising, itching, and discoloration. As with all dermal injectable procedures, there is a risk of infection.

To report a problem with JUVÉDERM®, please call Allergan Product Surveillance at 1-800-426-4265. For more information, please see the *About Safety* page at [www.juvederm.com](http://www.juvederm.com) or call the Allergan Product Support line at 1-800-433-8871.

JUVÉDERM® XC is available by prescription only.

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Your doctor can *Style Your Smile* today—ask how!

## Aesthetic Procedures in Office Practice

*Maryam Hekmat, M.D., FACP*

The number of aesthetic procedures has increased considerably in the United States over the past 10 years, with nearly a fivefold increase from 1997, according to statistics from the American Society for Aesthetic Plastic Surgery. Of the 10.2 million treatments performed in 2008, more than 80 percent were minimally invasive procedures, the most common of which were Botox; formerly known as botulinum toxin type A and dermal fillers injections, laser hair reduction, chemical peels, laser skin resurfacing, and intense pulsed light photo rejuvenation (IPL).

Minimally invasive procedures have become the primary

### **Molecule May Offer Novel Bio-Marker for Male Hypertension**

A team of scientists says that levels of the molecule HMGB1 may help explain why men are more likely to become hypertensive earlier and more severely than women.

### **Compound Found in Grapes May Combat Age-Related Memory Loss**

Researchers found a compound in red grapes, red wine, peanuts, and some berries that may treat age-related declines in brain function.

### **Moderate Physical Activity Reduces Women's Heart Disease Risk by 20%**

A new study compares the effects of different levels of physical activity on women's risk of heart disease and stroke.

### **Pre-diabetes Lifestyle Changes Can Slow Progression to Diabetes Mellitus**

An overview of pre diabetes and reviews the lifestyle interventions that can play a critical role in preventing patients from developing diabetes.

treatment modalities for addressing mild to moderate age-related facial changes. In the past, treatment options were limited to surgical intervention, such as facelifts to lift lax skin, deep ablative laser resurfacing and dermabrasion to improve texture, wrinkles, and hyper pigmentation. Surgery is still an option for many patients, particularly those with signs of advanced facial aging. However, there has been a trend away from invasive one-time procedures, which may radically alter appearance and have greater risks, toward minimally invasive non-surgical procedures, which offer subtle enhancements. Minimally invasive aesthetic procedures reliably achieve good outcomes, have minimal recovery times and a low incidence of side effects, and are associated with high patient satisfaction.

#### **A. Botox**

Botox is potent neurotoxin. It is now routinely used as a medicine to treat clinical conditions such as blepharospasm, strabismus, cervical dystonia, hyperhidrosis, migraines, and muscle spasticity. Injection of small quantities into specific overactive facial muscles causes localized muscle relaxation, with smoothing of the overlying skin and reduction of wrinkles.

#### **B. Dermal Fillers**

Dermal fillers Like Juvederm are injectable products that temporarily restore soft-tissue volume. They are the treatments of choice for facial lines and contour defects in the lower two thirds of the face.

Hyaluronic acid is one of the most versatile dermal fillers available with regard to depth of placement and treatment areas. It is a naturally occurring glycosaminoglycan found in the dermal extracellular matrix; it provides structural support, facilitates transport of cellular nutrients and wastes, and adds volume and fullness to the skin through its hydrophilic capacity. After injecting small quantities (1 to 2 ml) into the dermis, facial wrinkles and folds are temporarily reduced and smoothed.

### **Study: E-Cigarettes Impairs Pulmonary Immune System**

New research examined the impact of e-cigarette vapor exposure on the lungs and the ability to fight infection.

### **Could Stress Inhibit Women's Recovery Post-Heart Attack?**

New research examined sex difference in stress and how they affected sex-based disparities in recovery after heart attack.

### **Swap Processed Sugar For Fruit to Avoid Diabetes**

In a new report, researchers assessed how added fructose in processed, sugar-sweetened food contributes to increased type 2 diabetes risk.

### **Study: Strenuous Exercise As Bad As No Exercise**

A new study investigated how the frequency and intensity of jogging affects its benefits to long-term, all cause mortality.

### **Smoking Doubles Mortality Risk in Colorectal Cancer Survivors**

A new study investigated the association between smoking cigarettes and all-cause and cancer-specific mortality in survivors of colorectal cancer.

## **C. Laser Hair Reduction**

Unwanted hair growth is a common aesthetic complaint of men and women. Non-visible hairs may become visible, pigmented terminal hairs as a result of hormonal changes that occur with age. During menopause, these hairs commonly appear on the chin, upper lip, and anterior neck. In men, new terminal hairs are common on the back and shoulders. These changes can be distressing for patients and may affect self-image and self-esteem .

During laser hair-reduction treatment, the melanin chromophore in the hair bulb absorbs energy, thereby damaging and impairing the hair growth structures.

Treatment effectiveness is based on patients' skin color and hair characteristics. The best candidates are those with fair skin and coarse, dark hair. Hairs lacking a significant melanin chromophore ( blonde or red hair ) are not significantly affected by laser treatments; white and gray hairs do not respond at all. The safest hair reduction technologies are those with internal cooling mechanisms that provides contact cooling to the skin.

## **D. Laser Photorejuvenation**

Photorejuvenation refers to the laser treatment of benign epidermal pigmented and vascular lesions in photo aged skin. Treatment may be performed on virtually any skin-damaged area, and are commonly performed on the face, neck, chest, and hands. Laser photo rejuvenation selectively removes lesions without injuring the surrounding skin by targeting the melanin chromophore in pigmented lesions and the oxyhemoglobin chromophore in vascular lesions.

## **E. Chemical Peels**

Chemical peels are exfoliation procedures used to superficially resurface the skin. By wounding and removing superficial skin layers in a controlled manner, cell renewal is stimulated, with regeneration of a healthier epidermis and dermis. Chemical peels are a means of wounding the skin

through application of chemical compounds, such as acids and enzymes. Common agents include alpha hydroxy acids ( glycol and lactic acids) and beta hydroxy acids ( salicylic acid ). After a series of exfoliation treatments, histologic changes in the skin are evident: smoother epidermis, increased dermal thickness with fibroblast production of new collagen and elastin, increased skin hydration with improved epidermal barrier function. The result is a clinical improvement in benign epidermal pigmented lesions and skin texture, and possible improvement in fine lines, pore size, superficial acne scars and acne vulgaris.

### **F. Laser Skin Resurfacing**

Noninvasive laser treatment can help you attain a younger appearance and considerably decrease the appearance of fine lines and wrinkles and improve your skin tone and texture without downtime that facelift and other surgical procedures require. The laser light microbeams reach deep below the surface of the skin to create areas of affected tissues. Then, the laser energy activates the body's own collagen and elastin production mechanisms to replace the laser damaged tissue with new healthy skin cells. Fine lines and wrinkles are naturally filled in without damaging the surrounding skin, giving you impressive results in very little time. Laser wrinkle reduction and skin resurfacing are the future of advanced skin care. The Icon's revolutionary laser anti-aging technology is FDA-approved and is safe for all skin types.

Laser anti-aging treatments are convenient, with most treatment sessions lasting 30 minutes. Depending on your skin type, several sessions may be recommended to achieve the best result.

### **G. Exilis For Facial Contouring Takes Center stage**

The Exilis is a non-invasive aesthetic device that is FDA approved for skin tightening and fat reduction in the face and body. Advanced radio frequency technology safely transfers heat to the undersurface of the skin (the dermal layer) initiating a process called collagen remodeling. Older, stretched out collagen strands are denatured by the radio frequency energy and during the body's repair process these strands line up in a more youthful configuration. The result is tighter, more elastic and smoother skin in about 90 days.

Exilis is an ideal therapy for people who are not yet ready to consider a surgical facelift and for people who had a lift and want to maintain their result. The treatments are comfortable, no anesthesia is required.



