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.

Aesthetic Procedures in Office Practice

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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...
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 hyperpigmentation. 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.
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 Conturing 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.