



Have you ever dreamed that your hands looked as young as the rest of you? You're not alone. Hands are one of the first parts of the body to show signs of aging because they receive so much exposure. Sunlight, the elements and the natural aging process all contribute to the development of

darkened spots, unsightly veins, wrinkles, fine lines, precancerous growths and loss of fatty tissue.

Fortunately, you no longer have to dream. Now there are a number of treatment options available to make your hands look younger. You may need only one or a combination of treatments to reverse the signs of aging.

Which hand rejuvenation treatment is for me?

There are a variety of treatments now available to address each individual need. Skin texture, color, age spots and some dark spots may be improved with a variety of lasers or chemical peels; unsightly veins can be enhanced with lasers or Sclerotherapy; injectable fillers or fat replacement may be used to improve loss of volume; and tissue tightening to improve sagging skin, fine lines and wrinkles.

What results can I expect?

Hand rejuvenation can increase volume, improve age spots, hypopigmentation, and unsightly veins for both men and women. Results are immediate.

What is recovery like?

The recovery depends on the exact procedures performed. The majority of treatments have little downtime and few side effects.

It is always a good idea to use sunscreen on your hands to prevent damage. After your treatment you may be prescribed an anti-aging skin care product combined with the appropriate sunscreen to continue your hand rejuvenation at home and prevent further damage.



Before



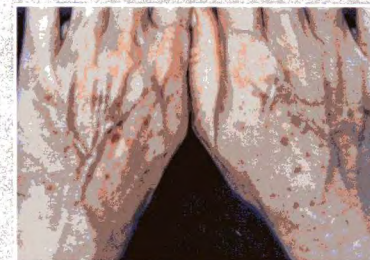
After



Before



After



Before



After

Laser treatments give your doctor precise control as the procedure gently removes fine lines and wrinkles, unsightly veins, and age spots to reveal smooth, fresher-looking hands. Spots and lines are removed in a precise, rapid, bloodless fashion achieving excellent results. Hand rejuvenation with the laser may be performed with local anesthesia.

Soft tissue augmentation is frequently performed with fat cells taken from other parts of your body and transplanted to your hands. This procedure is known as a Fat Transfer. Synthetic fillers can also be used. Natural or synthetic fillers can add body to hands to create a more youthful appearance. Utilizing the appropriate filler for you, your doctor will inject it under the treated area. Results are immediate. The duration of improvement depends on the size and location of the area treated, as well as on the material used.

To find out how hand rejuvenation could benefit you, and determine the right procedure, schedule a consultation with our doctor.

What skin conditions can a chemical peel improve?

Chemical peels can effectively improve a wide variety of skin conditions including:

- Fine lines and wrinkles
- Uneven pigmentation
- Shallow acne scars
- Sun-damaged skin
- Age spots
- Freckling



A chemical peel is not a substitute for a facelift. It cannot eliminate excessive or lax skin. But, in many cases a chemical peel is performed in conjunction with these procedures.

What is the treatment like?

Unlike laser peels, chemical peels can be performed on the face, neck, chest, hands and even the arms and legs.

Most chemical peels are performed as outpatient procedures in the doctor's office or surgical suite. Depending on your skin type and the desired results, your physician may recommend a superficial, medium, or deep chemical peel. Your surgeon will select the proper chemical or mix of chemicals (glycolic acid, beta lift, Jessner, TCA or trichloroacetic acid, or carbolic acid) and apply the solution to various areas of skin. Once applied, the chemical produces a separation and peeling of the outer layers of the skin. This stimulates the production of new skin from beneath.

Most patients experience a warm to hot sensation which may last as long as ten minutes, followed by a stinging sensation. For deeper peels, some patients require anesthesia.



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Delta premedical honor society. He is internationally recognized as a leader in the academic and clinical fields of cosmetic surgery, general and pediatric dermatology and dermatologic surgery as well as skin cancer detection and MOHS skin cancer surgery. He is a pioneer in his approach to anti-aging skin treatments, skin rejuvenation techniques, adult and pediatric acne, acne scarring, and laser surgery. Over the past twenty-five years Dr. Haberman has contributed to the advancement of health and beauty while maintaining a solid commitment to the modern practice of medicine.

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Dermatology & Cosmetic Center

Frederick Haberman, M.D.

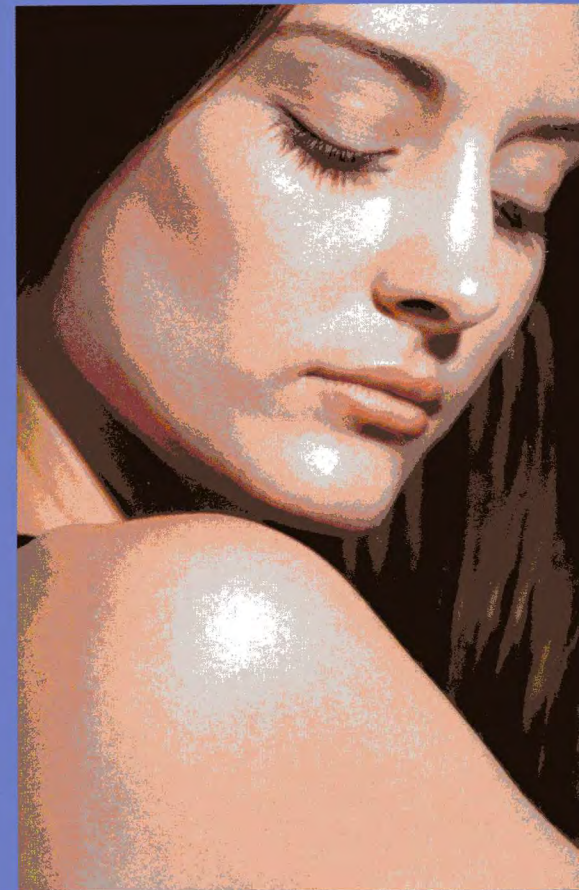
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CHEMICAL PEELS



For fresher, younger
looking skin



The skin is the largest organ in our body.

It is made up of millions of cells that protect us from the environment and regulate our body temperature.

Every day thousands of cells die, flake off

and are replaced by new cells from beneath the skin.

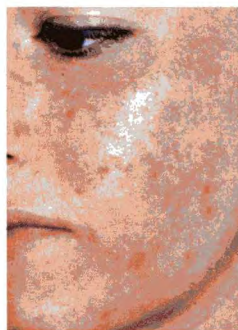
As we age, this process begins to slow down. Our skin may become dull. Dark blotches, fine lines and other signs of sun-damage and aging begin to appear.

Chemical Peel Skin Rejuvenation

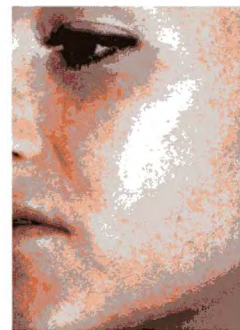
Chemical Peels have been used for over 100 years to create an even and controlled shedding of damaged skin cells. Each year thousands of chemical peels are performed in the United States. A chemical peel uses a solution applied to the skin to remove dead skin cells and stimulate the production of new skin cells. It tightens the skin, reduces wrinkling and restores a more youthful appearance.

During your consultation with your surgeon you will want to explain the level of skin improvement you hope to achieve. Your surgeon will then review your medical history and examine your skin type and pigmentation to determine if you are a good candidate for a chemical peel. Together you can evaluate the advantages and disadvantages of the different types of chemical peels, discuss your options, your expectations and determine the best treatment for you.

Don't forget to mention any history of viral infections, sensitivity to the sun, or prior skin treatments such as dermabrasion or Accutane treatments within the past six months.



Before



After



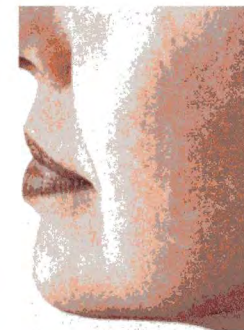
Before



After



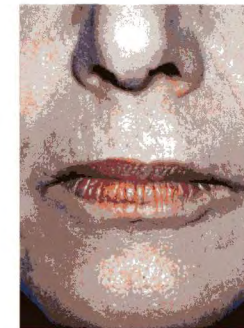
Before



After



Before



After

What should you expect after treatment?

Reactions to chemical peels are similar to a sunburn and range from mild to more pronounced. Generally, the deeper the peel, the longer the recovery.

A light peel usually results in some redness, and possibly some scaling for a few days. Medium and deep peels can result in swelling and blisters that break open forming a crust and turning brown, followed by peeling which can last up to two weeks. These peels may require dressings on some or all of the treated skin. Dressings are usually removed after a day or two. Ointments and creams will be applied to keep the skin moist. At first the new skin will have the color of a significant sunburn. This will gradually fade to pink over the next several weeks. Cosmetics can be applied after about two weeks. Following a chemical peel, your new skin will be tighter, smoother and may be slightly lighter than it was before surgery.

Following any skin peel, it is important that you avoid any exposure to the sun. Your new skin is very sensitive and susceptible to injury. Always apply a wide spectrum (UVA and UVB blocking) sunblock of at least SPF 15 twenty minutes before you go outside. Your surgeon will prescribe a proper home skin-care treatment program to ensure proper healing.

*Find out if your skin could benefit from a Chemical Peel.
Call our office today for a consultation.*

If you have a mark that looks like these photos, have our dermasurgeon take a look at it.



Basal Cell Carcinoma



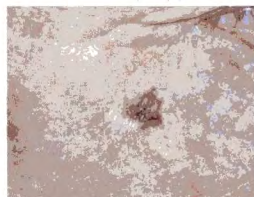
Basal Cell Carcinoma



Basal Cell Carcinoma



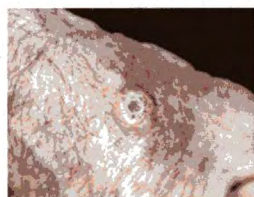
Malignant Melanoma



Malignant Melanoma



Malignant Melanoma



Squamous Cell Carcinoma



Squamous Cell Carcinoma

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SKIN CANCER

IS TREATABLE



AS | DS
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Dermatologic Surgery

Over a million people are diagnosed with skin cancer each year. Anyone can get skin cancer. Your risk of developing skin cancer is increased if your parent, child or sibling has had any form of skin cancer-particularly melanoma. Redheads and blondes have a two-fold to four-fold greater risk of developing melanoma. However, darker-skinned patients are still at risk.

Warning signs

Most moles develop sometime after birth, but some people are born with moles. Very large moles that have been present since birth do have an increased risk of transforming into melanoma over time. The development of a new mole or any changes in the size, color, shape or texture of a mole may be a sign of skin cancer, and should be reported to a dermatologist right away. Melanomas can develop anywhere on the body, even in places that are not exposed to the sun, such as the soles of your feet or even your nails.

There is no need to panic. Non-melanoma skin cancer is not necessarily life-threatening, nor does its therapy have to be disfiguring; however, if left untreated, the disease can continue to progress. Therefore, early diagnosis and treatments are of great importance.

Even though there is a strong correlation between

ultraviolet radiation from the sun and all types of skin cancer, you can still get skin cancer even if you stay out of the sun. Always be sure to check your skin for any new or changing lesions every month.

Three main types of skin cancer

Basal Cell Carcinoma is the most common type of skin cancer and represents about 80 percent of new skin cancers. This type is rarely life-threatening and does not usually spread. A predisposition to basal cell carcinoma can be inherited, but these lesions usually occur in patients who have had repeated sun exposure. Patients that develop a basal cell cancer have a 60 percent chance of developing another one within five years, so it is essential that all patients who have had a skin cancer continue to see a dermatologist regularly. Basal Cell Carcinoma may appear as a red, flesh-colored or pearly bump, or may have the appearance of an ulcer.

Squamous Cell Carcinoma is another common type of skin cancer that is rarely life-threatening when caught early. It represents about 16 percent of new skin cancers and is found most often in people with fair complexions. This type may develop from an actinic keratosis which is a pre-cancer that tends to be a red and scaly lesion on sun-damaged skin. Actinic keratosis can often range in size from a pencil eraser to the size of a coin and form on all sun-exposed areas of the body. Squamous Cell Carcinoma can also appear as a red bump, or may have the appearance of an ulcer.

Malignant Melanoma represents about four percent of newly diagnosed skin cancers. It is the most serious form of skin cancer and can be deadly. However, if treated early while

it is still thin, the cure rate is about 95 percent. If it is allowed to grow it can be fatal. This cancer usually stems from a mole that has been present for many years. If you have a mole that increases in size or changes in color, you should have it examined by a dermatologist immediately. Malignant Melanoma may also appear as a dark, irregular pigmented patch.

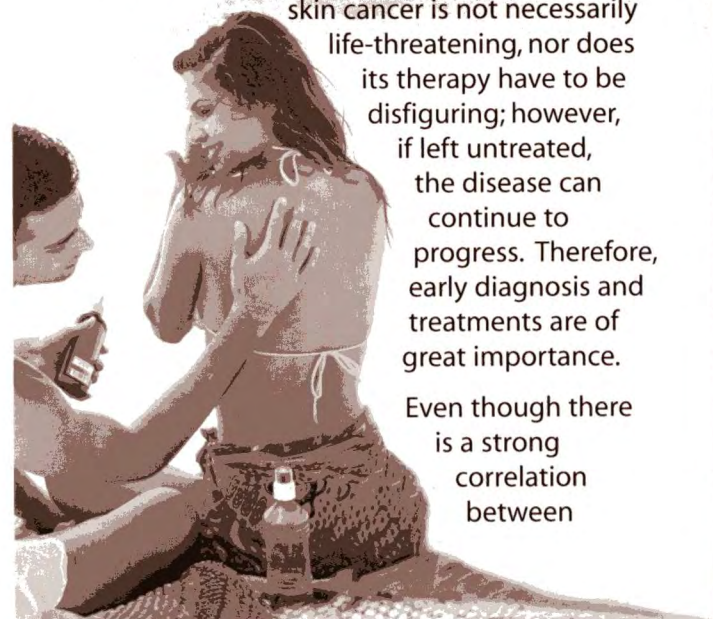
Treatments available

There are many options available to treat skin cancers, including scraping and burning, freezing, radiation, and excisional surgery. A highly specialized type of surgery performed by dermatologists is called Mohs micrographic surgery.

Mohs micrographic surgery combines the surgical removal of the tumor with the immediate microscopic examination of the tumor. It is the treatment of choice for recurrent cancers, large cancers, cancers where the edges cannot be clearly defined, or in areas where it is important to preserve healthy tissue for the maximum functional and cosmetic results.

It is necessary to consider all the benefits and drawbacks of each procedure when choosing your treatment.

Your risks of skin cancer can be reduced when you protect yourself from the sun, are aware of suspicious growths and visit your dermatologist for regular check-ups.



Injectable lip enhancement

In the early days of lip enhancement collagen and silicone oil were the lip enhancement of choice. Today there is long list of products that doctors use to replenish and enhance the lips.

Soft tissue fillers

Restylane, Perlane, Juvederm and other hyaluronic acid fillers have now become the most popular soft tissue fillers. Hyaluronic acid clear gel fillers closely resemble materials that are found naturally in the human body and almost never cause any adverse reactions. Pleasing, shapely, and fuller lips can be achieved in just a short time and last up to 6 months.

Fat transfer

Autologous fat transplantation, or micro-lipo injection, plumps up your lips using fat taken from inconspicuous sites on your body. Fat transfer to the lips is a safe, natural, non-allergenic procedure to restore damaged and diminished dermal deficiencies.

Lip implants

For longer lasting lip augmentation lip implants are available. Newer implants are generally filled with either silicone or saline and are covered by a Gortex or silicone shell to provide long lasting, soft, pliable natural looking results.

Laser treatments

In some cases it may be beneficial to combine lip augmentation with a laser treatment to treat the fine lines along the edges of your lip. The laser helps to stimulate new collagen beneath the skin to tighten and remodel while restoring a more healthy and youthful shape to your lips.



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LIP AUGMENTATION



For a more
attractive smile



For centuries, a woman's lips have been viewed as a sign of her sensuality. More recently, the entertainment and fashion industry have brought the lips back into the forefront of fashion. Look around. It seems that luscious lips are everywhere.

Sensual lips are a key element of almost every photo in every fashion magazine. Unfortunately, not everyone is blessed with a pair of naturally beautiful lips. The few who are don't get to keep them without a little help. Over time the sun, the elements, smoking and the aging process take their toll. The corners of the mouth begin to droop. The V-shaped area of the upper lip known as *Cupid's Bow* begins to flatten out and lose its youthful fullness. Vertical wrinkles or *Smoker's Lines* begin to appear, causing your lipstick to bleed. That once sensual look is gone or greatly diminished.

Thanks to today's many medical advances there is help. Aging lips can be rejuvenated and less full lips can be enhanced.

What are my treatment options?

Lip enhancement and rejuvenation are two of the most frequently requested cosmetic procedures. Your options range from the latest in laser treatments to natural injectable fillers or synthetic implants. All of these fillers are *soft, pliable, and have a natural feel*.

Which product is right for you?

Each of these products has different properties that result in variances in the length of time the product lasts in your lips. These same properties also lend themselves to physician preferences. During your consultation your doctor will help you choose the correct product to achieve your desired results.



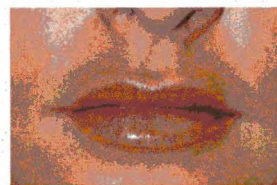
Before



After



Before



After



Before Laser



After



Before Laser



After Laser

What is recovery like?

Following lip enhancement with one of the injectable products, your lips may remain swollen for several hours, and in some cases minimal bruising or swelling occurs. A cold pack may be applied to decrease swelling and bruising. Touch-up treatment may be necessary. You may return to normal activities the same day.

When implants are used for lip augmentation, small stitches may be used to close the implant site. These stitches will be removed in a few days. Swelling may last up to a week. Elevating your head and applying cold compresses during the first 24 hours will keep this to a minimum. Postoperative discomfort can be controlled with medication.

Generally, patients experience a slightly longer recovery period after laser lip rejuvenation. Most of the healing occurs during the first one or two weeks. During this time the treated areas must be kept moist. Postoperative discomfort can be controlled with medication. The initial redness fades to a light pink.

If you are wondering if you could benefit from lip enhancement or rejuvenation, call our office to arrange a consultation.

What is Juvéderm?

Juvéderm is a natural, cross-linked, non-animal hyaluronic acid that has been developed using biosynthesis. It can help you meet your goals without the fear of an allergic reaction. This new hyaluronic acid has been used in Europe for years.

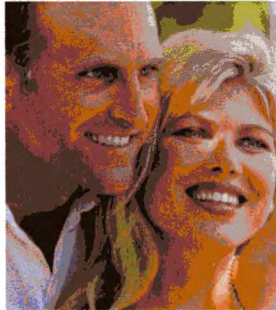
How does Juvéderm work?

Juvéderm contains hyaluronic acid in the form of a crystal-clear gel. It is injected into the skin to lift the lip, wrinkle or fold. Once in your skin, Juvéderm creates volume, resulting in a healthy and vital appearance. When injected into the lip it can restore a more natural and/or sensuous look. In contrast to other biodegradable implants, Juvéderm is not extracted from animals. This means no risk of allergic reaction. Therefore, Juvéderm is perfectly safe to use instantly without pre-testing.

What indications respond best to this combination treatment?

Botox is a great treatment for "crow's feet", forehead lines and the creases between the eyebrows. Juvéderm is most frequently used to treat deep smile lines, dimples, smoker's lines around the mouth, marionette lines at the ends of the mouth, acne scars, cheek depressions, and facial scars.

In addition to filling wrinkles, Juvéderm can be used to enhance the lip line and add fullness of the lips. Juvéderm injections are a safe, effective, time-tested, non-surgical wrinkle treatment that provide immediate results.



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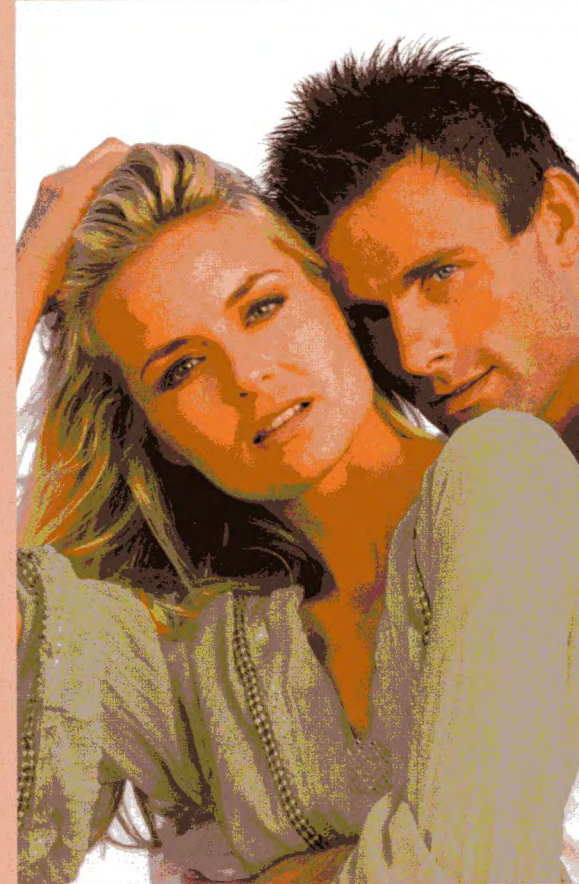
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BOTOX®
& JUVÉDERM®



For a quick lift



What causes wrinkles?

Facial wrinkles and creases begin to appear as the underlying collagen and elastin fibers begin to break down and wear out. While this breakdown is part of the natural aging process, it

can also result from excessive squinting, frowning, smoking and smiling. Until recently, many patients thought their only hope was a facelift.

Now, by combining two of the most popular, FDA approved wrinkle fighters, Botox and Juvéderm, we can offer a simple, non-surgical alternative to a facelift. We use Botox to prevent new wrinkles from appearing and Juvéderm to fill the ones that you already have.

What is Botox?

Botox is the latest advancement in botulinum toxin therapy. It is used to safely, simply and effectively improve the appearance of frown lines, forehead creases and "crow's feet". By relaxing these underlying muscles, Botox reduces the wrinkles. Botox is a remarkable treatment for dynamic wrinkles resulting from repeated use of facial muscles. Botox injections are safe and have been approved by the FDA for use in neurological disorders for over 30 years.

How does Botox work?

Botox actually prevents wrinkles from appearing by relaxing the underlying muscles so they don't contract. Botox blocks impulses from the nerve to the tiny facial muscles that are related to expression lines. After treatment, the overlying skin remains smooth and unwrinkled while the untreated facial muscles contract in a normal fashion, allowing your normal facial expression to be unaffected.



Before Botox



After Botox



Before Botox



After Botox



Before Juvéderm



After Juvéderm



Before Juvéderm



After Juvéderm

What can I expect after my Botox and Juvéderm Treatments?

Studies have shown that combining Botox with Juvéderm can prolong the results of your treatment.

Following Botox and Juvéderm injections, normal activities can be resumed immediately. Discomfort is minimal. The treatment sites may have a little swelling, which may last a few hours. There may be some slight bruising. Depending on the area treated, correction usually lasts from three to six months, and sometimes longer. If the lips are treated, initial swelling and tenderness may occur within the first several days, but subsides after two or three days.

Will treatment affect the way I apply cosmetics?

No. In fact, many of our patients are amazed at how much easier it is to apply their lipstick. Following treatment of the lips the little wrinkles that cause lipstick to "bleed" are gone.

If wrinkles make you look older than you are, a non-surgical facelift can smooth them out and give you a more youthful and pleasant appearance. Botox and Juvéderm injections can postpone the need for a facelift or brow lift.

If you would like to look younger and more relaxed but are not ready for surgery, please give our office a call and schedule your consultation.

Laser Resurfacing



Before



After

Non-Ablative Laser Treatments



Before



After

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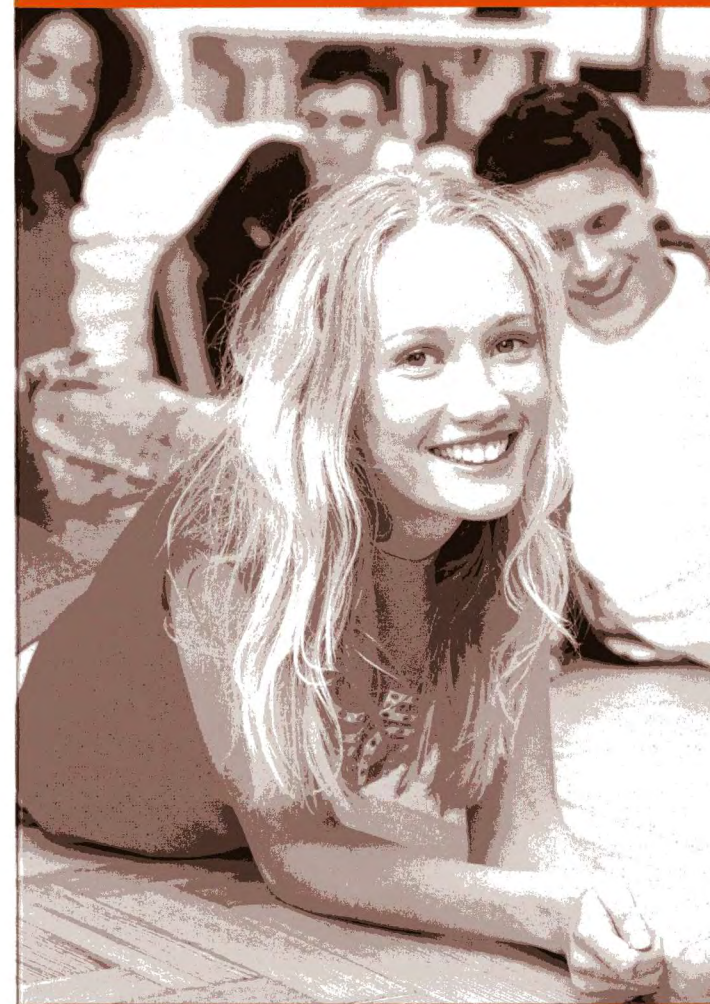
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ACNE & ACNE SCARRING

CAN BE TREATED EFFECTIVELY IN A VARIETY OF WAYS



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Acne is something most of us have experienced at one time or another. It is most prevalent during adolescence because hormonal changes stimulate the sebaceous glands (oil glands) into producing more sebum (oil), increasing the chance of acne. Aggravation of acne in later life may occur with menstrual periods, use of birth control pills, use of oil-based products and stress.

What causes acne?

Acne occurs when the oil produced by sebaceous glands does not reach the surface of the skin but is trapped in tiny pores or follicles. This plug may close off the pore, causing the follicle wall to bulge, which creates a whitehead. If the pore stays open, the top surface of the plug may become darkened, causing a blackhead. In both cases, the bacteria, *P. acnes*, thrive in the clogged follicles. When the bacteria and pus leak from the follicle into the surrounding tissue, cystic pimples are formed.

Basic acne control

The basic acne therapy often includes topical anti-inflammatories and topical antibiotics as well as exfoliants and comedolytics (to open up pores). Oral antibiotics are necessary in many cases as well. In more significant acne, hormonal therapies or other stronger oral medications (such as isotretinoin) are sometimes necessary.

Device-based acne treatment

Device-based acne treatments include:

- High intensity blue-light and light / laser spectrums designed specifically to kill the bacteria responsible for acne vulgaris.
- Microdermabrasion alone or in conjunction with topical therapies.
- Photodynamic therapy: light treatments which employ a topical acid taken up by the acne lesions.

Treating acne scars

Even a mild case of adolescent acne can leave permanent scars throughout adulthood. Acne scars can have adverse psychological effects.

Studies have found that people with acne scars tend to be very introverted, often holding their heads down, covering their faces with their hair, and generally avoiding eye contact. Many individuals with significant scars "blame their skin" for things that go wrong in their lives. Fortunately, many acne scars can be successfully treated with a range of procedures.

These same studies show that after acne scar treatments, individuals often regain self-confidence and feel more at ease in social situations.

Common acne scar treatments

Photodynamic therapy: therapy can be used both to treat acne as well as to help improve the appearance of acne scars by activating a topically applied acid with a light source.

Chemical Peels use a solution to remove the fine outer layers of the skin. Healing can take from a few days to a couple of weeks, depending on the strength and depth of the peel.

Laser Resurfacing vaporizes the damaged or acne-scarred skin to reveal the smooth, fresh skin underneath. Typical downtime from this procedure is about 10 to 14 days.

Fractional Resurfacing treats small columns of skin with a laser, leaving intact islands of normal skin. After the procedure, the skin appears "wind burned" for a short period of time. Typically a series of four to six treatments are needed.

Non-Ablative Laser Treatments are not painful and there is no downtime. Improvement can be dramatic, depending on the scar. Most patients receive a series of about five treatments. The improvement is gradual and continues even after the treatment stops.

Subcision is a technique that uses a needle or tip of a blade to free up fibrous bands below some acne scars. Often this technique is used in conjunction with other treatments such as filler injections, and requires several sessions.

Dermaplaning, although not as popular today, can be used effectively to treat severe acne that appears as raised or grooved areas of the skin. The skin is treated with an anesthetic, and the top layer of skin is "sanded down" with a wire brush or diamond burr. Seven to ten days later, the skin forms a new, smoother layer. Patients can expect full recovery in about six weeks.

Fillers such as hyaluronic acid can be used to fill in some depressed scars.

To find out if you might be a good candidate for one of these procedures, schedule a consultation today.

