



# SKIN Solutions

from  
Dr. Ariel Ostad

## COMPLEXION PERFECTION

### Solutions for Sun-Damaged and Aging Skin

Lasers and peels offer the most comprehensive solution to smoother, healthier skin. I strive to keep up with the latest technology to offer my patients the most effective, lasting regimen.

#### PEELING OPTIONS

A peel treatment consists of the application of a chemical exfoliating solution to the skin, which peels away the damaged skin and allows new skin to regenerate in its place. A series of mild to moderate glycolic peels can resurface skin to reduce fine lines, brown spots, blotchiness, mild acne scarring, some types of acne, and actinic keratoses or precancerous lesions. Superficial chemical peels are often referred to as lunchtime peels because they require virtually no downtime and produce good results for early signs of aging. Chemical peeling agents are currently being used to rejuvenate areas other than the face, such as the neck, chest and hands.

#### PHOTOREJUVENATION and IPL Treatments

To achieve the best results, patients typically receive three to six sessions with the non-ablative technology. Intense Pulsed Light therapy is a new wave of light-based rejuvenation treatments that offer the advantages of allowing patients to go back to work immediately. These treatments are done in a series to improve uneven pigmentation, rosacea, redness, sun damage, acne scars and even active acne. Some improvement will be seen after each treatment, and typically, IPLs are done in a series of at least three treatments for best results.

#### THERMAGE®-ENHANCES COLLAGEN PRODUCTION

Thermage® is the first device approved by the FDA to actually tighten the skin non-surgically. This technology uses radio waves to penetrate deep into the dermis without breaking the epidermis and stimulate contracture of the collagen and further production of collagen. Over the course of three to six months, lifting of the skin is visible. Thermage® works by delivering deep intense heat into the skin without injury to the epidermis or outer layers. With the gentle touch of the device tip, the surface of the skin is cooled, while the deeper tissue is altered by radiofrequency heating. This not only tightens deeper skin tissue, but jumpstarts new collagen production, which occurs over a period of time. The Thermage® procedure can offer some improvement for moderate skin sagging and wrinkles. Just one treatment is needed, but you can see continual improvement for up to six months. Dr. Ostad has found that Thermage® can produce a subtle face and brow lift effect, and also helps to reduce lip and neck wrinkles, and works well around the delicate eyelid area.

## INTRODUCING

# NIA 24™

## Niacin-Powered Skin Therapy

24-Hour PREVENTION, REPAIR, and PROTECTION

#### WHAT IS NIA 24™ ?

Repair is never as good as prevention, particularly in skin care. Tap into skin's own self-protective powers 24-hours a day with patented NIA 24™ - the first inside-out topical Niacin-Powered skin barrier-builder.

Inside, this patented MicroNutrient Delivery system brings a continuous-release form of Niacin to skin. Outside, skin's barrier is restored and signs of damage dramatically reversed.

Designed like a medical protocol in three courses of action - pre-damage action, pro-active repair and antidote to diagnosed problems - this system works together to prevent, repair and fight signs of damage deep in the skin.



#### HOW DOES IT WORK?

By stimulating skin's natural barrier function, NIA 24™ builds stronger, better skin that's more resilient and resistant to damage. By improving the skin's barrier function, overall skin tone and texture improve. NIA 24™ reduces the appearance of visible brown spots, hyperpigmentation and lines specifically associated with sun damage. Without it, skin falls prey to daily sun and environmental stresses that slow skin's self-protective function and speed the visible signs of aging.

This special form of Pro-Niacin delivers immediate and residual benefits as well as continuous dermal delivery of Niacin without vasodilation and photosensitivity.

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## MAN TO MAN

Men are more concerned than ever before about their appearance and are seeking new ways to improve their appearance and maintain a competitive edge with good skin care and cosmetic procedures.

### LASERS COMBAT SIGNS OF AGING

Hydroquinone has been considered the gold standard for effective reduction of hyperpigmentation, from freckles to age spots. Now, lasers have upped the ante and can be used to combat spots and broken blood vessels. Today, state-of-the-art lasers offer patients fairly painless vein removal, and removal of sun spots, rosacea, and brown spots. These beams can be targeted to a specific point and varied in intensity and in duration of emitted pulses. In addition to skin resurfacing, lasers can be used to treat numerous skin conditions including broken capillaries, acne scars, unwanted hair, tattoos, discolorations, and age spots. People with darker skin type can be treated but there is a higher risk of pigmentation changes after laser treatment. Different types of lasers are suited to treating specific problems. Non-ablative devices penetrate through to the layers beneath to boost collagen production, which gives the skin a fresher, plumper, more youthful appearance.

### SCULPTING THE TORSO

Men commonly express concern over their physique, when diet and exercise fail to tone and firm. Dr. Ostad performs liposuction of the love handles, abdomen, waist and back, or any combination of the former, to further enhance the overall shape and contour of the torso. Local anesthesia is used to perform traditional tumescent liposuction with a specialized cannulae designed for this procedure. Men who are very overweight may have to undergo this procedure in stages. If a patient exceeds his ideal weight by thirty pounds or more, Dr. Ostad may advise him to lose weight before having surgery. To have liposuction, you must consider your lifestyle, aerobic shape, body/weight fluctuations and overall health.

### POWER CHIN: THE ART OF NECK REDUCTION

Men who are plagued by excess fat in their face and neck may be treated by liposuction in a simple office procedure. Recovery is fast, pain and bruising is minimal, and the result is smoother, firmer looking skin and a remarkable aesthetic improvement. Most patients are able to return to normal activities over a long weekend. This can be an excellent precursor or alternative to invasive necklift surgery in many men.



### RESTYLANE® FOR LAUGH LINES

My male patients are very satisfied with the results of Restylane®, which lasts six months or longer in most cases. I use Restylane® to treat nasolabial creases (smile lines) and to sculpt cheek bones. The effects of Restylane® may be further extended by using Botox® in order to limit muscles that would otherwise cause skin wrinkling.

### NEW SKIN, NEW MAN

The latest treatment for acne is the use of laser and light systems in place of drugs to destroy the bacteria that cause acne. New devices emit a narrow band spectrum of intense light directly onto the skin. Light rays convert a substance produced by acne bacteria into an acne-killing compound. Other forms of non-invasive laser treatments deliver energy down into the oil-producing centers of the sebaceous glands to destroy these oil reservoirs without harming the outer layers of the skin. These lasers work for cystic acne as an alternative to oral and topical medications. Treatments take up to fifteen minutes and may be repeated as needed, once or twice per week for up to eight weeks. In many cases, acne can be controlled for several months at a time. Results may be seen after one treatment. Light therapy can also speed up the healing of active lesions, reduce inflammation and improve or prevent acne scars.

## INTRODUCING NIA24™

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### WHY DOES IT WORK?

During research and development that was partially funded by the National Institutes of Health, scientists identified an important role for the active form of Niacin in how cells respond to genetic damage. NIA 24™ introduces that breakthrough: patented Pro-Niacin™.

While Niacin is used in other products on the market, Pro-Niacin™ is the first and only patented Niacin molecule that converts to its active form to regenerate skin cell layers.

### PROOF THAT IT WORKS.

The Pro-Niacin™ molecule breakthrough is the result of 25 years of research into cellular DNA damage in the formation of cancer. So beneficial, it's been chosen by the National Cancer Institute for development as a potential skin cancer prevention agent.

# SKIN FILLERS - ALL ABOUT INJECTABLES

*"Fillers offer a quick, non-invasive alternative to most concerns from wrinkles to lack of fullness. Whether used alone or in combination, the results are consistently amazing. I use the following fillers on a regular basis as they are consistently at the top of patients' most wanted list."*

- Dr. Ariel Ostad

## BOTOX® COSMETIC

When injected into specific areas of the face, Botox® paralyzes the small muscles that cause frown lines, crow's feet, horizontal forehead creases, and other facial wrinkles. Botulinum toxin treatment decreases local muscle activity thereby preventing the appearance of "dynamic" wrinkles that are caused by repeated facial expressions. The effect generally lasts from four to five months. In some cases, after multiple treatments, results can last longer in between treatments.

Areas we can treat with Botulinum Toxin:

- Vertical lines between the brows
- Lines at the bridge of the nose
- Crow's-feet or squint lines
- Horizontal forehead lines
- Muscle bands on the neck
- Uneven eyebrows
- Popply or cobblestone chin
- Chin creases
- Drooping corners of the mouth
- Upper lip lines

## RESTYLANE®

Restylane® is the most widely used hyaluronic acid gel filler in the world. It lasts six months or longer in most cases. Because it is a gel, it offers a soft, natural-looking correction. We use Restylane® to treat nasolabial creases (smile lines) most commonly but it can also be used for other deep creases around the mouth and between the eyebrows when Botox® is not effective enough.

## PERLANE®

Perlane® is a thicker form of hyaluronic acid gel, and a member of the Restylane® family. It is ideal for restoring volume to the cheeks, chin and jawline. It is used for deep creases including the nasolabial creases and for facial sculpting. FDA approval is soon expected so that this filler will become available in the U.S. It has an excellent safety record in Europe and Canada.



## SCULPTRA®

Sculptra® is based on a substance called poly-L-lactic acid (PLA) which has been used in suture material for years. PLA stimulates production of the body's own collagen within the line or wrinkle, making the skin appear smoother and firmer. Sculptra® is reconstituted before it is injected and is most commonly used in the nasolabial folds, temples, cheek hollows and scars. The substance is non-allergenic and typically three treatment sessions are recommended for best results. Sculptra® was originally developed for use in restoring and/or correcting the signs of facial fat loss (lipoatrophy) in people with human immunodeficiency virus (HIV). It is currently awaiting FDA approval for cosmetic uses.

## AUTOLOGOUS FAT TRANSFER

Fat has been used as a filling substance in facial rejuvenation for over a century. The fat that is injected into facial areas comes from your own body (typically the abdomen, thighs or hips) so there is no chance of an allergic reaction or "rejection". Fat can be used in higher volumes than most other injectable materials and can be used to create a fuller, more youthful appearance by reestablishing pleasing contours. Injections of fat into the deep layers of facial tissue can soften the angular, thin appearance that often accompanies aging. Fat is slowly absorbed by the body, with typically more than half absorbed with six months of the procedure.

Consult with a qualified physician before considering injections with a filler. Look for a Board-certified dermatologist or plastic surgeon who has been trained specific to injectable fillers, including an accredited Botox® training course, sponsored by Allergan, Inc., the makers of Botox®.

# Dr. Ostad in The News



## Glamour

June 2006

In an article about skin cancer, Dr. Ostad provides valuable information on how to keep the skin safe from the sun

## Woman's World

May 16, 2006

Dr. Ostad is quoted in a story about the prevention and treatment of wrinkles

## WebMD

May 2006

In a story about sun safety, Dr. Ostad is quoted on the proper use of sunscreen

## Elle

May 2006

Dr. Ostad is included in a story comparing doctors in New York and Los Angeles with doctors in small cities

## Prevention

May 2006

Dr. Ostad is included in a summer sun guide about the frequency of applying sunscreen

## Elle

September 2006

Dr. Ostad is quoted in a story on sunscreen in skin cleanser products

## Elle

June 2006

Dr. Ostad discusses how stretch marks are caused and how to prevent or eliminate them

## WELCOME

### Dr. Emily Prorise Joins Staff



We would like to welcome Dr. Emily Prorise as our new Associate who comes to our office from California with five years of experience in Dermatology.

Dr. Prorise is a board certified Dermatologist and a member of the American Academy of Dermatology. Dr. Prorise received her medical degree from Duke University School of Medicine and she completed her residency in Dermatology at Stanford University. She is currently an Associate Professor of Dermatology at NYU Medical Center where she teaches Dermatology part-time.

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## Dermatologic & Laser Surgery

### Cosmetic Dermatology

897 Lexington Avenue

New York, New York 10021

T 212-517-7900

F 212-517-9252

[www.DrArielOstad.com](http://www.DrArielOstad.com)

[info@drarielostad.com](mailto:info@drarielostad.com)