



SKIN Solutions

from
Dr. Ariel Ostad

INJECTABLE BEAUTY UPDATE: Hit Me With Your Best Shot!

"The beauty of fillers is that they can be used in innumerable combinations and placed in multiple layers of the skin to give you the precise amount of enhancement you are seeking. Patients love temporary fillers because they are effective and quick. It's a great option for a man or a woman who isn't quite prepared to undergo surgery but is ready to improve their look more subtly."

- Dr. Ariel Ostad

TRIED AND TRUE - THE CLASSICS

Botox® Among the first of the facial fillers, Botox temporarily paralyzes muscles, thus relaxing wrinkles such as crow's feet, smile lines, forehead creases, neck "strings" and upper-lip grooves. Did you know that Botox can also lift the nasal tip and make your eyes appear larger? Strategically placed Botox injections can visibly lift a turned-down nasal tip and Botox injected below the lower lash line can prevent the upward motion of the lower lid to create the illusion of larger eyes. Botox can also be injected in the upper eyelid area to open it more, especially if there is a drooping of the upper eyelids that makes the eye appear smaller.

Restylane® is an increasingly popular facial filler from Sweden that is FDA approved for cosmetic uses. Composed of clear hyaluronic acid gel, Restylane can be used for moderate to severe facial wrinkles and folds around the nose and mouth, in the tear trough of the lower-eye area and to contour the chin, cheeks, and lips. The most commonly treated areas are the nasolabial folds, the nasomental creases (corners of the mouth) and around the lips. Patients experience beautiful results with this non-permanent filler and do not mind coming back for the necessary periodic touch-ups.

NEW ON THE HORIZON

- **Perlane® - America's Newest Wrinkle Fix**

Perlane is the latest hyaluronic acid filler to receive FDA approval. This member of the Restylane family is ideally suited for deeper wrinkles and folds in the nasolabial area - for the lines radiating from the corners of the mouth -and for "nose-to-mouth" lines. Perlane contains larger particles of hyaluronic acid for a more substantial fill and thus is also appropriate for enhancing the contours of the cheeks and chins. This enhanced volume and "lifting power" makes Perlane a viable treatment for faces that are beginning to sink and sag.

Perlane can be layered with Restylane to maximize the overall effects of facial rejuvenation. Perlane promises longer lasting results (as long as nine months), and is now available in our office.

- **Juvederm™** Juvederm is a hyaluronic gel which is a natural polysaccharide that is an ideal replacement for materials lost from aging skin. This gel filler was approved by the FDA in 2006 to add facial volume and smooth out nasolabial folds (creases from the nose to the mouth). The great news is that it is versatile and can be safely used in men and women of color. This is not a permanent filler so it does require touch ups every six months or so.
- **Radiesse®** is a biocompatible filler composed of the minerals calcium and phosphate, which are found in bones and teeth. It is ideal for use in the deeper layers of the dermis and can effectively smooth out lines and wrinkles such as nasolabial folds. It is also used to add volume to areas of the face that have lost fat. Our patients love the natural-looking long lasting results and the minimal downtime.
- **Sculptra®** is part of a new category of FDA approved semi-permanent fillers that stimulate the body to produce its own collagen. These products help build volume (as opposed to filling) for results that may last over a year. Sculptra is particularly effective for hollow cheeks, temples and to lift the jaw and cheeks. Sculptra is also appropriate for deeper wrinkles which extend through the upper dermis into the mid and lower dermis.



SPOTLIGHT ON BLEPHAROPLASTY

Your eyes are one of the first features to be noticed in a social or business encounter. Droopy lids and sagging skin do not project a positive image and can be a factor in low self-confidence. If you have excess skin, muscle or fat deposits, blepharoplasty can resolve the issue with beautiful results and little down time. With age, the muscles that support the upper and lower eyelids begin to slack which often leads to an unsightly and potentially vision-impairing effect. Surgery is designed to correct the downward pull and restore a firmer look to the skin around the eye area.

The procedure generally takes one to three hours and is usually performed on an outpatient basis under local anesthesia with sedation. Results last for five years or longer, and surgery can be repeated as needed. Overall, patient satisfaction with this procedure is high and most people return to work after five days.

If you think eyelid surgery is right for you, call Dr. Ostad's office to schedule a consultation. Blepharoplasty can remove years from an aging face and create a refreshed look in the eye area.



THE NEW BEAUTY OF FRAXEL®

Fraxel® is one of the newest and most effective laser treatments used to rejuvenate skin quality, tone and texture. We use the Fraxel® (Reliant) laser to treat melasma, sun damage, pigmentary concerns, fine wrinkling and even acne scars. It can be used on the entire body, from your neck to your legs. Hands and decollete are very popular areas to treat as well.

First, a topical anesthetic is applied to numb the area of the skin being treated and to cool the skin before the procedure begins. Patients report moderate discomfort in the form of swelling and sensitivity after the procedure, as well as a sunburn-like effect which lasts for five to seven days. Generally, three to four treatments are needed to get the best long-term result.

PROS

- Good long term results for acne scarring and moderate wrinkling
- Epidermal regeneration is immediate, beginning 24 hours after treatment

CONS

- Requires repeated visits
- Redness following treatment

"After two treatments, my skin looked ten years younger. It was smooth and clear and the sun damage was so much better. People have no idea what I have had done but they say my skin looks amazing."

- Christy C., 44, Manhattan, NY

COSMECEUTICALS CORNER: Sun Salvation

"Before you reach the age of twenty, you have already inflicted the majority of sun damage on your skin - about 80% to be exact. The good news is that you can repair much of the visible damage with a combination of laser treatments and a customized skin care regimen."

Dr. Ariel Ostad, Medical Council, Skin Cancer Foundation

To improve the appearance of visible sun damage which includes brown spots, sun spots, and broken blood vessels, we use state-of-the-art non-ablative treatments for photorejuvenation. To compliment our in-office procedures, we recommend a custom skincare regimen for your individual skin type. This program includes an SPF in the morning, a retinol cream in the evening, and an antioxidant moisturizer.

TOP PICKS

- **NEW Skin Medica Lip Plump System** - A dual formula to restore fullness and plumpup volume
- **Skin Medica TNS Recovery Complex®** - An anti-aging must-have that contains patented Nouricel-MD®
- **Nia 24 Skin Strengthening Complex** - Niacin powered formula to repair sun damage

Schedule an appointment with one of Dr. Ostad's Skincare Advisors to receive information on your personalized **AM to PM** Skincare Regimen. Mention this newsletter for a 10% Discount. Telephone (212) 517-7900.

TO YOUR HEALTH: The Effect of Stress on Your Skin

The immune system has unique ways of letting you know when things aren't quite right in your body. When you start to notice changes in your skin, your immune system may be giving you a gentle nudge to take better care of yourself. Stress may very well be the culprit, taking its toll on your skin in more ways than one. Stress and the immune system actually have a direct negative correlation, which means that the greater the stress, the more damage is done to your immune system.

Science has demonstrated that when the body experiences chronic stress, it triggers an excessive release of the hormones cortisol and adrenaline which damages the immune system. This response can raise insulin levels and cause Type 2 diabetes, raise blood pressure, and deplete the bones of minerals. Stress also causes the production of the enzyme collagenase, which breaks down collagen and causes your skin to age faster.

Acne tops the list as the skin condition that plagues men and women of all ages, which tends to flare up at the most stressful and most inopportune times. Ever notice how an unsightly pimple has a knack for appearing just when you need to give an important presentation or have a photograph taken? The medical explanation is simple. When we are stressed, our glands produce more oil, which clogs pores and causes breakouts. On the flip-side, skin dryness and tightness are also physical manifestations of a build up of internal stress.

The effects of stress on your immune system can appear in the form of more painful inflammatory conditions like eczema, psoriasis and rosacea. It also contributes to the accelerated progression of pre-cancerous lesions. When your immune system is already compromised, your skin becomes more susceptible to damaging sun rays.

Stress can exacerbate already existing conditions and can contribute to new ones. It also makes you age faster - and the emotional effects take their toll in very prominent and visible ways. While everyone has unavoidable stressors in their daily lives, you can take simple precautionary measures to insure the health of your skin.

NOURISH YOURSELF. Maintain healthy eating habits with balanced servings of proteins, complex carbohydrates, fresh fruits and vegetables, and plenty of water. You may also benefit from a multi-vitamin to fill in any gaps in your nutritional intake. Avoid stimulants like alcohol and caffeine.

GET A MOVE ON. Exercise is a must and the experts suggest a minimum of three times a week to maintain good health. Exercise releases endorphins which help to regulate your mood and buoy you into a more positive place. Find an activity that suits your pace and stick to it.

DEAL WITH IT. Stress is only as powerful as you allow it to be. It is important to recognize the sources of your stress, and to set aside quiet moments to think, meditate, and calm down. Know your triggers, and try to minimize the controllable stress in your life. Your skin will thank you for it.

SWEET DREAMS. Sleep is as necessary for your body as it is for your skin. Sleep deprivation can cause a collagen breakdown, and blood vessel build up - which means puffy eyes and general inflammation. Get plenty of sleep each night; a minimum of 7-8 hours is ideal.

"Your skin is a mirror to what is going on inside your body. If you want healthy skin, you need to take better care of yourself from the inside out. We can help you take care of the visible or external signs of stress, but the other half requires a disciplined program of at-home care and stress maintenance, which will really pay off!"

Dr. Ariel Ostad

ASK THE SKIN DOCTOR - DR. ARIEL OSTAD

I have dark skin and would like to get rid of the hair on my legs. Do you recommend laser hair removal?

For most women, shaving is a chore. However, alternatives like depilatory creams and waxing also require constant maintenance. Laser hair removal provides a long-term solution to the battle with hair removal. It is fast becoming one of the most sought-after cosmetic procedures among both women and men, offering an efficient and time-saving alternative. It works by targeting the hair follicle and destroying it without harming the surrounding skin. Laser hair removal can produce excellent results on nearly any area where hair grows and I use a variety of laser and light based devices that make it safe for darker skin types.

I'm only 39 but I have noticed that the skin under my chin is really loose and flabby. What can I do about this?

Skin slackening occurs as we age and may start to show up in your thirties. This can be improved today without invasive surgery. Skin tightening is a great alternative for the correction of moderate skin sagging and wrinkles. I get a good result with Thermage®, the first device approved by the FDA to actually "tighten" skin. Radio waves deliver precise heat to promote collagen production deep within the dermis, but the surface skin remains unharmed and cool to the touch. Over the course of several months, deeper skin tissues are tightened, and the effects of skin lifting become apparent. It works particularly well on younger skin with early sagging. The use of liposuction is also effective for loose skin under the chin. The best treatment for your condition will be evaluated at the time of your consultation.



The Associated Press
April 12, 2007
In a story on Botox, Dr. Ostad discusses its use for stopping sweat

Fitness Magazine
February 2007
Dr. Ostad is included in a story on younger-looking skin and discusses skin fillers

Daily Health Feed
January 2007
Dr. Ostad stresses the importance of Melanoma screening on a regular basis, including freckles

Daily Health Feed
January 2007
Dr. Ostad talks about using sunscreen, even in cold weather

ABC-TV
June 2007
Dr. Ostad discusses sunscreen and skin cancer with Michelle Charlesworth

WebMD
May 24, 2007
Dr. Ostad is included in a story on a better beach body and discusses SmartLipo

THE RESTYLANE LIFT

An injectable facelift is no longer a dream but is now a reality. For example, Restylane® can be used around the cheekbones to lift the lower face upwards. This lifting effect restores a more youthful appearance by countering the downward sagging that occurs with aging. Restylane® can also be used to minimize nasolabial creases (smile lines) and smooth out wrinkles.

Dr. Ostad will customize a filler treatment to suit your specific needs. Schedule a consultation to learn more about all of the exciting non-surgical options that are available to you.

Visit our website at www.drarielostad.com
for more information about our offices,
to order products and to see
Before and After photos.

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