



# SKIN *Solutions*

from  
Dr. Ariel Ostad

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## May is Melanoma Awareness Month!

May, National Skin Cancer Prevention and Detection Month, serves as a good reminder for people to get their annual skin exam by a dermatologist. In addition to a yearly skin exam by a dermatologist, The Skin Cancer Foundation recommends doing monthly self exams to monitor any new or existing skin changes. For more information on how to do a self exam, visit [www.skincancer.org](http://www.skincancer.org)

### SKIN CANCER: IF YOU CAN SPOT IT



### YOU CAN STOP IT

**Dr. Ariel Ostad** is a  
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## Sunproofing Your Baby

You are never too young or too old to be harmed by the sun. A single, severe blistering sunburn in childhood may double one's lifetime risk of developing melanoma. Research shows that regular use of an SPF 15 sunscreen throughout childhood and adolescence could reduce the risk of the most common skin cancers by almost 80 percent. Sun safety habits developed in childhood last a lifetime.

Set a good example for the young learner and remember to practice sun protection on yourself. Make sun-safety a family matter. **Sun protection is the best investment you can make in your baby's future.**



## Mohs Surgery for Skin Cancer

Mohs micrographic surgery is a state of the art treatment for skin cancer which relies on the precision and accuracy of a microscope to trace and ensure removal of skin cancer down to its roots. Of all treatments for skin cancer, Mohs micrographic surgery:

- **Offers the highest cure rate (up to 99%)**
- **Minimizes the potential for scarring or disfigurement**
- **Is the most exact and precise means of removal**

Mohs micrographic surgery has proven effective in getting to the roots of skin cancer by combining the surgical removal of cancer with the immediate microscopic examination of the tumor and underlying diseased tissue. This process allows Dr. Ostad to identify and remove the entire tumor with "real time" clear margins (minimal removal of wound tissue). It yields a very high cure rate while allowing for maximal preservation of non-cancerous tissue.

# INTRODUCING

## MED FLASH II IPL LASER for Skin Rejuvenation

The FDA-approved Med Flash II IPL is the newest and most effective treatment for active acne, skin rejuvenation, sun damage, broken blood vessels, and vascular and pigmented lesions, according to Dr. Ostad. The Med Flash II combines advanced features and an integrated skin cooling system to result in increased speed, patient comfort and decreased patient down-time.

Since the Med Flash II IPL covers more surface area, the treatment time is considerably faster than any laser used for similar treatments. A cooling system on this device prevents blisters and scars, and treatment is virtually painless, with no need for gels or numbing creams.

The Med Flash II can be used on most skin types and is completely non-invasive, with an average treatment lasting about ten minutes. The standard regimen is one treatment every three weeks for a total of three to five, depending on the severity of the condition. Maintenance procedures every year or two are recommended.



## Mohs Surgery for Skin Cancer

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Mohs micrographic surgery is performed on an outpatient basis, under local anesthesia. By using the "fresh tissue technique", skin samples removed during surgery are immediately processed and examined under the microscope for cancer. Dr. Ostad can determine the precise location of any remaining cancerous tissue within the wound. This remaining cancerous tissue is then selectively removed and processed in the same fashion until the cancer is completely removed.

Mohs surgery is indicated for recurrent tumors, aggressive cancer variants, and tumors located in areas of high risk for recurrence, such as on and around the nose, or areas where maximal tissue preservation is important for function and for cosmetic appearance (e.g. eyelids). Reconstructive surgery involving suture closures, skin flaps, or skin grafts can usually be done on the same day as Mohs surgery. This technique ensures that all the diseased tissue and only the diseased tissue is removed, thereby minimizing the size of the wound and optimizing the cosmetic result. Since not all skin cancers require Mohs surgery, Dr. Ostad will discuss the various treatment options available and recommend the most suitable for each individual patient.

## Cosmeceutical Corner - Good Genes Only Go So Far

We are constantly expanding our skin care selection to include the newest clinically advanced technologies available for our patients. Very few products have created as much excitement as **PREVAGE™MD** - the latest in anti-aging skin care treatments introduced by Elizabeth Arden and Allergan, the manufacturers of Botox.

What makes the product so effective is an ingredient called IDEBENONE, which has been proven to be the most potent and effective antioxidant ever tested for skin. Like Vitamin C and E, Idebenone prevents degenerative cellular damage caused by environmental assault, including UV light, air pollution, and cigarette smoke. Applying **PREVAGE™MD** anti-aging treatments to your face and neck once a day for two weeks and then twice a day produces the following results:

- **81% of consumers tested, including those with moderate to severe sun damage, saw a significant improvement in their skin's overall appearance.**
- **Clinical tests show a significant decrease in fine lines and wrinkles and improved firmness, tone, texture and radiance.**

Professional strength is available at Dr. Ostad's office or at [www.dermatologicsolutions.com](http://www.dermatologicsolutions.com)



# THERMAGE® : Tighten and Contour your Skin without Surgery, Injections or Downtime

Thermage® is a safe, clinically approved way to tighten and contour skin, with improvements in tone, contour, and texture occurring naturally through the stimulation of your own collagen.

The first device approved by the FDA to actually "tighten" skin, Thermage® is completely non-invasive and requires no surgery, no injections. Using a patented radiofrequency technology, a single treatment tightens existing collagen and stimulates new collagen growth. In most patients, results appear gradually in two to six months and may last for years, depending on the rate of the aging process. The number and frequency of treatments required to achieve optimal results will be determined by individual response.

The procedure itself is normally done as a single treatment that takes from 20 minutes to two hours

depending on the treatment area. With the touch of the ThermoTip device, the patient experiences a brief, deep heating sensation which is an indication that collagen is reaching an effective temperature for tightening. To protect the skin and make the treatment more comfortable, the surface of the skin is cooled before, during and after each application of the treatment tip.

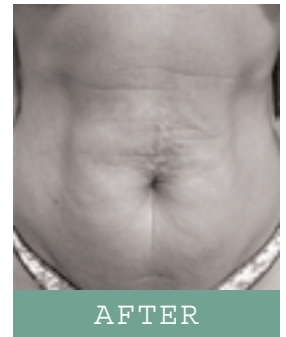
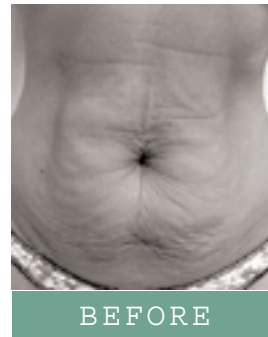
Unlike lasers, Thermage® works on all skin types and tones. Unlike injections or fillers, Thermage® works on the entire face - forehead, eyes, nasolabial folds, jaw line, jowls and the area under your chin.

The Thermage® procedure offers improvement for moderate skin sagging and wrinkles. We are also finding that Thermage® can produce a subtle face and brow lift effect and will help reduce lip and neck wrinkles. Below are some of the excellent results experienced by our patients.



## BODY BY THERMAGE® Reshaping Your Future

Thermage® is also being used effectively to tighten and contour skin in the buttocks, abdomen, thighs and upper arm. Thermage® treatments are only performed in a physician's office by Thermage® certified practitioners. Please contact Dr. Ostad's office for a consultation to determine if Thermage® is right for you. Women 35-60 normally have the best and most predictable results. If your skin is too lax, the results will not be as dramatic.





O-The Oprah Magazine  
- April 2006  
Dr. Ostad describes how facial wrinkles form

Marie Claire  
- April 2006  
Dr. Ostad provides valuable information on Botox, sunscreen, and tattoo removals

Allure  
- February 2006  
Dr. Ostad offers tips for treating and preventing dry, flaky skin

Fashion Wire Daily  
- January 4, 2006  
Dr. Ostad explains the changes that occur to the skin during pregnancy

NY1 News  
- January 2, 2006  
Dr. Ostad discusses ways people can protect their skin from cancer

W  
- August 2005  
Dr. Ostad talks about the benefits of Endovenous Laser for the advanced treatment of varicose veins

Men's Vogue  
- September 2005  
Dr. Ostad is interviewed for a story on the importance of early detection of Skin cancer

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