

Dermatology & Vein Institute
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Atlanta Dermatology, Vein & Research Center, LLC



Dermatology
& Vein Institute

Healthy Skin... Beautiful Skin



**Dermatology
& Vein Institute**

Atlanta Dermatology, Vein & Research Center, LLC

“Dr. Hamilton has set a new standard for ethics and innovation in patient care and expertise. My friends have all switched to her over the years and for good reason: we respect her and know we are in the best hands. In fact, we call her, ‘golden hands’.” - patient of 8 years

“The Dermatology & Vein Institute is the best office. The staff is very friendly and knowledgeable.” - patient of 3 years

“Renee and Jen are both fabulous. I love that the office is so modern and up-to-date.” - Todd Chrisley, patient of 3 years

“The sclerotherapy was awesome. Nancy did such a great job! I love this office.” - Pam Odom, patient for 2 years

“I would highly recommend Dr. Dhar to anyone that may be in need of a competent, efficient and kind dermatologist!” - Brandie Burkhart, new patient

Contact Us

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www.dermandvein.com

Treatments For Sun Damaged Skin

Preventative measures such as avoidance of sun, sunscreen and use of protective clothing are often not enough to make up for the years of damaging our skin. Sun damage manifested by increased facial vessels, wrinkles, fine lines, decreased skin elasticity, brown pigmentation or thickened skin texture makes us look much older than we are or than we feel. Fortunately there are many treatments available to restore that youthful skin ranging from topical products and chemical peels which give minimal to moderate improvement to aggressive laser and surgical procedures.

Chemical peels and microdermabrasion are an excellent modality for treating mild sun damage and can be performed on the face, neck, hands and even the arms and legs. Benefits of chemical peels and microdermabrasion include evening skin tone, improving texture, and minimizing fine lines.

For a more intense treatment, patients may want to consider the use of lasers. Laser rejuvenation is a procedure that utilizes non-ablative technology which allows improvement in signs of sun damaged skin with minimal downtime. Patients will see a reduction in freckles, redness and fine lines. They will also see an increase in skin firmness and a more even tone. After recovery, patients will have a buff shine to their face.

For more advanced photoaging, Photodynamic Therapy (PDT) offers a more aggressive treatment. Photodynamic therapy utilizes a chemical which preferentially penetrates damaged skin, and pores. The chemical is then activated by certain lasers or light sources to destroy the abnormal cells. The heating of the dermis (the structural component of the skin) during the treatment also

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Before and after photographs of a patient that received PhotoDynamic Therapy

Protecting Your Skin From The Sun

By Tiffani K. Hamilton, M.D.



All of us have sun damage and it may seem like there is no hope to reverse the wrinkles, brown spots, blood vessels and sagging skin. Fortunately, many new treatment

options are available to reverse the damage. Reversal alone, however, is futile in the face of continued sun exposure. Sun protection is still the most important step in anti-aging treatment regimens.

Before doing any procedures, I recommend that all patients adopt a sun protection regimen to protect their skin. Studies have shown that with the use of sun screen the body is able to repair much of the damage incurred, including the reversal of many precancers. It is when we continue to bombard the skin with further UV damage that our body can no longer keep up the repair process and the accelerated aging and cancers begin.

Many patients think sun screen is the only required precaution. Unfortunately, prior to a few years ago sunscreen only protected against UVB and offered no

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protection against damaging UVA rays. We now know that UVA is one of the main causes of skin cancer and aging. Although some chemicals can block UVA rays only micronized zinc oxide (and the new Helioplex® found in some newer Neutrogena products) can block the full spectrum. I recommend all patients wear sunscreen with at least 7% zinc oxide.

Another important fact about UVA is that these rays are the main component in tanning beds. UVA tans the skin

without burning which led to the false assumption that this was a safe form of tanning. But a tan is the body's protection against the sun. A tan is evidence of sun damage and provides relatively little protection against further damage. The old adage that you need a "base tan" to protect against a burn is not true because a tan can actually cause more damage than an occasional burn. Tanning bed usage by teens has been shown to be more toxic and more likely to lead to skin cancer and melanoma in women under 30



Proper sun protection doesn't have to be uncomfortable. There are many options for sun protective swimwear that allow patients to be protected and fashionable while in the sun.

and is one reason for the dramatic and alarming rate of skin cancer deaths in this age group.

Although sunscreen is a major part of sun protection, it is actually third on the list of preventative measures. The first is sun avoidance. Even on a cloudy day, significant amounts of harmful radiation penetrate to the earth's surface. The most damaging time to be outside is from 10am -4pm and indoor activities should be planned accordingly. Scheduling outdoor activities either early morning or late afternoon and avoiding the times when the sun is most intense is an important step in protecting your skin.

The second most important preventative measure is sun protective clothing. A white t-shirt has a SPF 4, which is not a lot of protection. Now, sun protective clothing is available from many companies and enables the enjoyment of outdoor activities. Sun protective clothing also protects from UVA.

Another reason that avoidance and sun protective clothing are so important is because sun screen is almost never utilized properly and gives a false sense of protection. Patients often don't use sun protection properly. Patients need to apply at least a shot glass worth of sunscreen every couple of hours that they are in the sun and always after water activities or heavy sweating. That means that a six-ounce bottle of sunscreen should last just one or two visits to the beach – not all summer.

If your skin shows signs of sun damage, please make an appointment with our office to be evaluated and discuss treatment options. §

Meet Our Providers



Tiffani Hamilton, M.D. completed her Bachelor of Science degree at the University of Utah. She went on to receive her Doctor of Medicine

degree from the University of Utah School of Medicine. She completed her Residency in Dermatology at Dartmouth-Hitchcock Medical Center where she was the Chief Resident.

Dr. Hamilton is a fellow with the American Academy of Dermatology, the American Society for Dermatological Surgery, the American College of Phlebology, the American Society for Mohs Surgery, the American Society for Laser Medicine and Surgery, the American Academy of Cosmetic Surgery and the American Society of Angiology. She is also a member of the Association of Clinical Research Professionals, the National Psoriasis Foundation and the International Society of Cosmetic Laser Surgeons.

Dr. Hamilton is board certified by the American Board of Dermatology. Prior to opening The Dermatology and Vein Institute in June 2001, she practiced with Dermatology Associates of Atlanta from July 1998 to June 2001. §



Damian Dhar, M.D. completed his undergraduate degree at Duke University with honors. He conferred his Doctor of Medicine

at the University of South Carolina School of Medicine. He completed residency in both Internal Medicine and Dermatology at Dartmouth-Hitchcock Medical Center and was the Chief Resident in Dermatology. He then completed a fellowship at the Dermatology & Vein Institute.

Dr. Dhar is a fellow with the American Academy of Dermatology. He is also a member with the American College of Phlebology, the American Society for Mohs Surgery and the American Society for Dermatologic Surgery.

Prior to joining the Dermatology & Vein Institute in September of 2005, he worked at Lauderdale Dermatology in Fort Lauderdale, Florida, practicing general dermatology, dermatologic surgery and cosmetic dermatology. Dr. Dhar is board certified by the American Board of Dermatology. §



Nancy Duong completed her Bachelor of Science degree at the University of California at Irvine. She earned her Physician's

Assistant degree at Emory University School of Medicine where she was recognized by the Physician Assistant Program Progress and Promotions Committee for Academic Achievement.

Prior to joining the Dermatology & Vein Institute in March of 2004, she worked at Northside Dermatology Associates practicing general dermatology, skin cancer surgery, cosmetic dermatology and laser surgery. Previous to that, she worked in family and occupational medicine at Southside Medical Care.

She is a member of the American Academy of Physician Assistants, the Georgia Academy of Physician Assistants, the American College of Phlebology, the National Society of Dermatology Physician Assistants and the Georgia Association of Dermatology Physician Assistants. She is board certified by the National Commission on Certification of Physician Assistants (NCCPA). §

Please visit our web site
www.dermandvein.com
to see our current monthly
specials and to learn more
about our practice.

What's Happening in Research?

In addition to the general dermatology and cosmetic practice, the Dermatology and Vein Institute participates in skin disease research. Our research department is part of our commitment to stay up to date on the latest treatments and medications available.

The research performed in our office is with new and novel medications not yet approved by the FDA as well as studying already available medications for new indications. Psoriasis has been Dr. Hamilton's main area of research interest as she is a national expert and thought leader in psoriasis treatment.

However, many other skin diseases are studied. Currently our office is participating in twelve research trials.

Research patients receive treatment medication and study related exams free of charge. An average research patient comes to the office 1-4 times a month for the extent of the trial. The research staff and the physicians monitor the patients closely for signs of improvement, adverse effects, current medications, general health and compliance to the research study.

We are currently enrolling patients

for a various studies. Needed patients include: HIV facial lipoatrophy subjects (Caucasian women); and patients with actinic keratoses or pre-cancers on the face.

If you think you qualify for any of these studies, please contact Erika Heidl, the head research coordinator, at 678-689-6003 or erika@dermandvein.com.

The type of patients that we are looking for changes regularly. Check the research section at www.dermandvein.com to see updates.

Skin Care Products

When taking care of our skin, an important factor is the type of products that we are using. A good sun block needs to be at least SPF 30 with good UVA protection and for many patients; it also needs to be compatible with sensitive or acne prone skin. Our office sells many different products for sun protection to meet the needs of individual patients. These products also help to prevent and reduce the damaging effects of the sun's ultraviolet light, including wrinkles, and reactions from sun damage.

When skin has already been damaged and is showing signs of aging, restorative products are needed. Neocutis brings the latest scientific breakthrough to the anti-aging and post procedure skin care market. Lumière reduces dark circles, smooths fine lines and wrinkles and refreshes fragile skin. PreVage MD is an anti-aging treatment with the key ingredient



idebenone, the most powerful topical antioxidant available in a skin care product. Topix has combined proven, stable L-ascorbic acid serum with the liposome encapsulated Growth Factor TGF- beta-1 to create the hottest product in anti-aging skin care.

Products are available for purchase in our office during our regular business hours.



Before and after photographs of patient that received Sculptra treatment. Patient after one year and three treatments

leads to increased collagen production to replace the collagen we lose with aging and sun exposure. With PDT, precancerous lesions, pigmentation abnormalities, fine lines and wrinkles are all minimized. Additionally, as the pores are heated, acne and large pores are improved. In our office we add the V-Beam laser to the blue light to further activate the aminolevulinic acid, or Levulan. By using the V-Beam, we are also able to reduce redness, rosacea and increased vessels. The downside is several days of redness, swelling, peeling and the need for aggressive sun avoidance. However the effects are so much more dramatic than the standard rejuvenation, it is well worth the increased downtime. As PDT is only FDA approved for actinic keratoses or precancers, its use for acne and photodamage is considered off-label.

The Fraxel Laser System allows patients to receive treatment for melasma, atrophic scars and periorbital wrinkles. The Fraxel laser, www.palomarmedical.com

com, is an excellent device that both stimulates new cell growth and destroys sun damaged areas. The unique approach allows the surrounding skin to heal and rejuvenate.

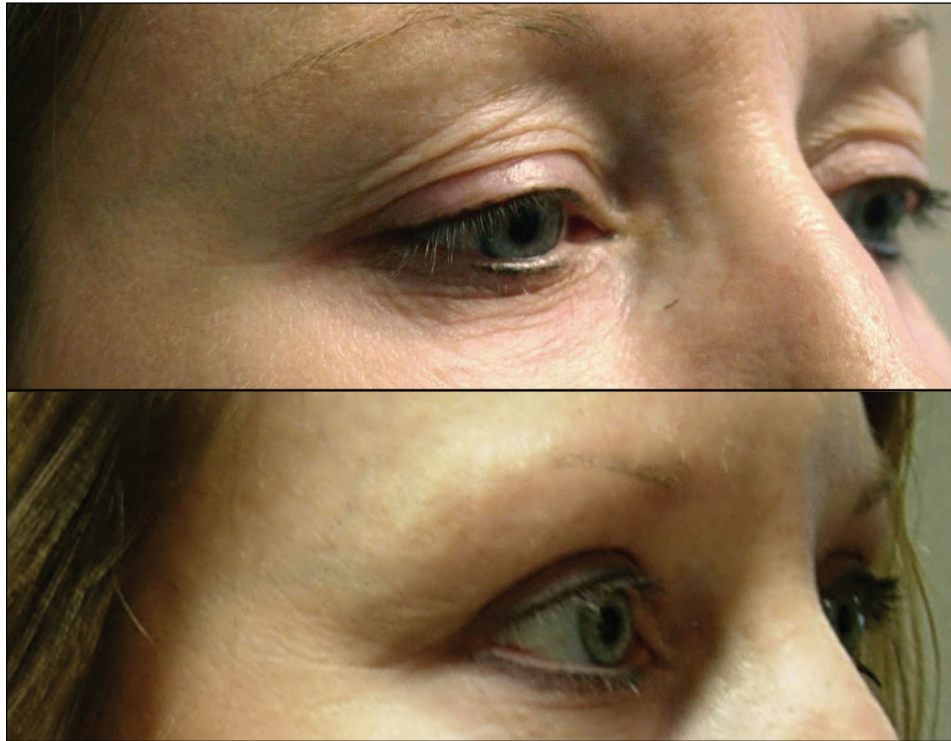
Skin changes of age and sun-damage are not the only things leading to an aged appearance. Volume loss is now known to be an important factor in how a person ages. The full cheeks of youth are lost leading to loss of structural support and sagging of the skin. In the past facelift was utilized, however, pulled skin does not equate with a more youthful appearance. A facelift also could not address the central face and patients were still left with deep nasolabial folds and marionette lines. The addition of new volumizers such as Sculptra® have allowed us to address the volume loss due to aging, leading to a more natural look than the windswept, pulled face. Sculptra® is a volumizer that allows for patients to create their own collagen. The process is not immediate, but results are very

natural looking. Results often last as long as two to five years. Another way to volumize the face is fat transfer. Fat transfer involves removing fat through tumescent liposuction from the abdomen or thighs and injecting it into the face. In our office fat transfer procedures have decreased since the introduction of Sculptra® because unlike fat transfer Sculptra® is very predictable and doesn't require a second surgical procedure of liposuction. The gradual development of collagen over time is also appealing to many patients who want to look younger but don't want a dramatic, immediate change in their appearance. For those patients that like to see immediate results synthetic fillers, such as Restylane®, www.restylaneusa.com, or Radiesse® are excellent. Another benefit of Restylane® is that it can enhance the lips whereas Sculptra® is not optimal for this purpose. Although gratification is immediate with the synthetic fillers, results are not as long-lasting.

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Another sign of sun damage is the loss of skin laxity from collagen and elastin breakdown leading to sagging skin. To remedy this, Thermage™, www.thermage.com, can be performed on an outpatient basis, to gently tighten skin without surgery. Thermage uses a radiofrequency (RF) system. The procedure is rapid and bloodless. For most patients the results are gradual over a three to six month period as the skin tightens and new collagen is formed. Results are not as dramatic as a face or necklift, but the procedure is an excellent way to attain improvement if surgery is not an option or not desired. Thermage™ was approved by the FDA for body shaping treatments in January of 2006. This offers patients a non-invasive treatment for tightening loose skin on various parts of the body.



Patient before and after blepharoplasty surgery.

Other signs of aging include wrinkles from chronic muscle action. Botox® can be used to block signals from nerves to muscles, leading to the relaxation and weakness of motion induced wrinkles such as “crow’s feet” and “frown lines.” Botox® cannot completely resolve fixed lines but with repeated injections, the lines will soften from disuse and new creases are prevented from forming, however, multiple treatments are required to maintain results.

When wrinkles cause a hooding over the eyes, a blepharoplasty is an easy, yet dramatic procedure. Blepharoplasty is a surgical procedure used to restore a youthful appearance to the eye area. Recovery time is minimal with stitches are usually removed after five days. Thermage™ has also recently introduced a newly designed shallow tip for the tightening of the eyelids. The new tip allows a safe use in the eyelid area. Benefits of using Thermage for

eyelid tightening are that the procedure is quick, painless and requires no anesthesia or downtime.

Our office is dedicated to providing state of the art treatment options to reverse signs of the reckless sun exposure of our youth and the normal aging of time. To be evaluated for any of these treatments, please call 770.360.8881 to schedule a cosmetic consultation. §



Patient before and after one Thermage treatment on abdomen after six months.

Medical Spa Skin Indulgence

The skin care procedures offered by the medical esthetician in our office allow for refreshed and renewed skin, excellent for summer get togethers.

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 and freckling. When patients arrive they are evaluated by their skin type and the results that they would like to achieve. Our esthetician customizes the treatments for each patient. Peeling skin is not necessary for good results but some patients may be experience mild exfoliation following treatment but it is generally mild and resolves quickly.

For a lighter improvement, SilkPeel™ is a wonderful new procedure that offers precision microdermabrasion exfoliation with dermal infusion



Patient receiving SilkPeel treatment from our board certified medical esthetician.

to address patient-specific skin conditions. The procedure operates on a closed-loop vacuum system with the treatment head exfoliating while a topical dermaceutical is infused at a controlled intensity. SilkPeel™ treats hyperpigmentation, acne, photodamage, dehydration and fine line wrinkles. Depending on the patient's skin needs,

our esthetician will use a tailored made solution. Patients will not experience any type of peeling afterward. This is an excellent choice for patients who have an upcoming event.

GentleWaves® Skin Fitness System, www.lightbioscience.com, restores and maintains healthier smoother and better-looking skin. Through a process of LED Photomodulation, GentleWaves® corrects skin appearance and helps minimize signs of aging over time. The procedure involves no pain, and no downtime. A series of treatments is required to get your skin in shape and looking great.



Patient during treatment with GentleWaves Skin Fitness System Photomodulation.

All of the esthetician services in our office are performed by a board certified medical esthetician, under the direct supervision of Dr. Hamilton. Visit www.dermandvein.com to learn about other services performed by our esthetician, or call 770.360.8881 to schedule an appointment. §