



Beautiful

SKIN

TREATMENT OPTIONS FOR VARICOSE VEINS

Varicose veins can range from small, thin, red spider veins that lie just underneath the skin surface or they can be thick, tortuous veins that protrude from the skin. Although often thought of as merely a cosmetic issue, there is typically an underlying medical problem. If you are experiencing any pain, swelling, increased fatigue, itchiness or in some severe cases, skin changes and ulceration, you may be suffering from superficial venous reflux disease/venous insufficiency. Approximately 25 million individuals are afflicted with this condition in the United States; 75% of which are women.

Venous insufficiency arises when veins lose their elasticity, become dilated and lead to incompetent valves that do not close properly, allowing blood to flow backwards and pool in the lower legs. Occasionally, venous reflux may also be caused by damaged or absent valves. The primary risk factor affecting venous disease is genetics.

Symptoms of Venous Disease:
Swelling of the lower extremities, aching or tenderness in the legs and feet, itching, burning sensations, heaviness and fatigue at the end the day

Other causes include childbearing, pounding activities (i.e. running), heaving lifting, occupations that require a great deal of standing (i.e. teachers, health care workers, retailers, flight attendants), trauma and/or obesity.

It is important to know that venous insufficiency is a progressive disease. If left untreated, it can lead to serious complications. Individuals experiencing these symptoms should undergo a physical examination and/or in-depth evaluation, including a duplex ultrasound study. Peripheral vascular ultrasound evaluation is one of the many services available at Atlanta Dermatology, Vein and Research Center.

There are various treatment options for varicose veins depending

on the severity of your disease. Sclerotherapy is the gold standard for treatment of small spider veins and slightly larger reticular veins. It is a very cost-effective procedure that seldom leaves scarring or produces any adverse effects. This procedure involves the injection of a sclerosing agent into the veins which irritates the inside lining of the blood vessel and causes it to close off.



Results after phlebectomy and Closure

The body then recognizes the vein as a non-working vessel, breaks it down, and reabsorbs it. As the vessels close up, they go through an inflammatory process. Veins may feel lumpy and hard under the skin and may take on a bruised, tender appearance.

How do I know if my veins need to be treated?

If you are beginning to see varicose veins on the surface of the skin or are having some swelling or increased fatigue in the legs, the veins should be investigated with physical exam and possibly ultrasound studies.

This takes several weeks to resolve and it is common for the veins to initially look worse after the procedure. Generally, multiple treatment sessions are required, and while sclerotherapy works for existing spider/reticular veins, it does not prevent new ones from developing.

Another treatment modality is ambulatory phlebectomy. This procedure involves the removal of superficial varicose veins through small 2-3 mm incisions in the skin under local tumescent anesthesia. The incision sites do not require sutures and are barely visible in 6-12 months. In darker skinned individuals, these may appear darker before fading. Other possible side effects include temporary discomfort, swelling, bruising and hematomas; all of which can be minimized by wearing compression stockings after the procedure. In rare

situations, sensory nerves may be injured resulting in numbness in the treated area. However, leg function is not affected.

Patients usually return to normal light activity immediately after the procedure.

A third treatment option is the VNUS Closure.

This is a minimally invasive procedure performed on an outpatient basis under local anesthesia. With the aid of an ultrasound, a catheter is guided through a small opening in the skin into the Greater or Lesser

seals shut, redirecting blood flow to healthier veins. The VNUS Closure procedure virtually eliminates reflux and unsightly varicose veins and is ideal for patients suffering from symptoms of pain, heaviness, and fatigue in their legs. Recovery is minimal and patients typically resume low impact activities within one to two days.

If you think you might be a candidate, please contact us for a professional consultation. You can be confident that here at Atlanta Dermatology, Vein and Research Center, our board certified physicians/ Registered Vascular Specialists will provide you the most advanced and effective varicose vein treatment options.



Saphenous Vein. Radiofrequency (RF) energy is transmitted through the catheter tip to heat the vein, leading to shrinkage of collagen in the vessel wall. The narrowed vein then gradually becomes fibrous and



Results after phlebectomy and Closure



Did You Know?

Dr. Tiffani Hamilton is not your ordinary dermatologist. In addition to being a board certified dermatologic surgeon, Dr. Hamilton is a nationally recognized phlebologist. Phlebology is the branch of medicine that involves the diagnosis and treatment of venous disorders. This medical discipline was recently approved for inclusion in the list of self-designated medical specialties sanctioned by the American Medical Association.

She has received extensive training in this field and was the first physician in the state of Georgia to perform the VNUS Closure procedure (endovascular vein ablation). She has performed several thousand cases and has an exceptionally successful closure rate. Renowned for her expertise in phlebology, Dr. Hamilton has authored book chapters on ambulatory phlebectomy and vein surgery and has authored or coauthored numerous scientific articles and abstracts on psoriasis, cosmetic procedures and venous disorders.

Among her many accolades, Dr. Hamilton is considered one of the nation's pioneers and leading experts in Sculptra®. She has lectured both nationally and internationally teaching her techniques. Atlanta Dermatology, Vein & Research Center is established as a Sculptra National Physician Training Center and at the present time, Dr. Hamilton has trained over 200 physicians on the proper injection of Sculptra®. Dr. Hamilton is the largest single injector of Sculptra® in the United States. Considered an expert injector, she is a member of the national advisory board for Sculptra®, Radiesse®, Restylane® and Juvederm®.

Dr. Hamilton is also regarded as a national thought leader for her expertise in psoriasis and currently participates in the National Psoriasis Advisory Board and sits on the advisory boards of Amgen, Genentech, Astellas, Medimmune, and Centocor. She has been the principal investigator in over 47 clinical trials (Phase I-V) for the treatment of psoriasis. Atlanta Dermatology, Vein & Research Center is one of the largest psoriasis research centers in America.

INNOVATIVE Cellulite TREATMENT

Despite exercise and diet there was not much that could be done to minimize the appearance of cellulite, a condition affecting 90% of women. That is until the new Thermage™ cellulite procedure.

The ThermaTip CL™ (cellulite) treatment tips are the result of 21 months of clinical and technological development. The benefits include smoothing of dimples by restoring connective tissue collagen and reducing the fluid collection in cellulite prone skin.

The Thermage™ procedures use a unique and patented radiofrequency technology for controlled heating of tissue that is backed by clinical research. They provide a non-invasive option to smooth, tighten and contour skin. Results can be subtle to dramatic depending on the individual patient.

Our office offers the following Thermage™ treatments:

- Body by Thermage™
- Thermage™ Eyes
- Thermage™ Lips
- Thermage Deep Tissue™

TO SCHEDULE AN APPOINTMENT
PLEASE CALL OUR OFFICE AT

770-360-8881.



Ask the Doctor

Q: What should I look for when choosing a physician for my filler procedure?

A: The most important thing to consider is the amount of training and experience. A physician that is board certified in the areas of dermatology or cosmetic surgery will have advanced training in the use of dermal fillers and the appropriate placement of such products to provide a natural and aesthetically pleasing result.

New Laser Additions

OUR OFFICE HAS RECENTLY ADDED TWO new lasers. The MiXto CO₂ Fractional Resurfacing Laser, and the Excimer 308-NM UVB Laser.

MIxTO FRACTIONAL

The MiXto Fractional CO₂ laser is a new treatment for skin rejuvenation. A single treatment can show improvement in skin texture and color. It can also improve acne scars, and signs of aging like fine lines, wrinkles or skin laxity.

Fractional means that only a fraction of the skin surface is exposed to the laser beam, leaving untreated skin around each micro spot, which allows faster healing than traditional CO₂ treatments of the past. The benefits of the laser beam expand under the surface of the skin and stimulate collagen production. Patients that have melasma will



need to use bleaching creams six weeks prior to being treated with the CO₂ laser.

During treatment there is a warm sensation on the skin. Patients have Plagiis® applied 15 to 60 minutes prior to the procedure minimize discomfort during the treatment.

Following treatment the skin will appear to be dark brown, red and flaky for about a week. The skin will completely return to normal three weeks following the treatment.

The significant results of this procedure continue to improve for six months as fine lines diminish and collagen builds.

EXCIMER 308-NM

The new Excimer 308-NM UVB laser is used to treat psoriasis, vitiligo, atopic dermatitis and stretch marks. The Excimer delivers a concentrated beam of ultraviolet light targeting specific areas without damaging healthy skin.

For the treatment of psoriasis, the

Our goal is to offer state-of-the-art treatment options to our patients

laser is exciting because it does not require daily maintenance. Every patient is different, but some patients can enjoy treatment-free remission.

For the treatment of vitiligo, the Excimer works more effectively than treatments previously available. There is no darkening of the surrounding skin and it can be effective in less than 30 treatment sessions.

Both new lasers complement our already extensive laser department and provide us the capability to treat more of the needs of our patients.



We celebrated the opening of our new office building on March 20th. We were pleased to host colleagues, friends and patients.

Clinical Research

We are currently

ENROLLING FOR THE FOLLOWING

FDA Clinical Trials:

Multiple Psoriasis Studies (injectable and oral medications)

Swelling of the Lower Extremities

Long-Term Follow-Up (for Patients on Raptiva)

Scalp Psoriasis

Atopic Dermatitis (Eczema)

If you are interested in seeing if you qualify for participation in any of our studies, please contact our research department at

678-689-6003

GET TO
KNOW OUR

fabulous STAFF

ERIKA HEIDL



Erika Heidl, CCRC is the research director at Atlanta Dermatology, Vein & Research Center. She is responsible for overseeing all FDA clinical trials and supervises the clinical research staff. Erika has been with Dr. Hamilton for more than five years.

Outside the office, Erika enjoys running, her two dogs Keegan and Roxie, and shopping. She keeps her skin looking great by a weekly exfoliation with Replenix scrub and daily use of Salises and PreVage. Botox and Precision Peels round out her beauty routine.

Rebecca

Rebecca Guthrie is our ultrasound technician and sclerotherapist here at Atlanta Dermatology, Vein & Research Center. She has worked with Dr. Hamilton for more than two years.

When not at work, Becky enjoys spending time with her son Tyler, her dog Sally, biking, and visiting the beach (with sunprotection, of course). Becky's skin care regimen includes Active C and Journee in the morning and Retin-A, Toleraine and Neocutis at night. Botox injections and SilkPeel microdermabrasions complete her routine.



Mindy Lee



Mindy Lee is one of our newest employees at Dermatology & Vein Institute. Mindy works at the front desk and her smile and friendliness are hard to miss. You will get to meet her as you check in for your appointment.

Outside the office Mindy enjoys reading, exercising, and spending time with her husband and five children. Mindy gets Botox, Sculptra, Restylane, and laser rejuvenation to help her look fabulous. Her skin care products include Beaute Super 3 Booster and BioPelle Eye Illumination cream.

New Products Now available



Our office is continually adding to our product lines to offer our patients a variety of physician grade products.

Vivité
We have also added Vivite to our product offerings. Vivite skin care formulations are based on exclusive GLX Technology™, a unique fusion of the clinically demonstrated benefits of glycolic compounds and natural antioxidants.

GLX Technology™ also contains natural antioxidants that protect epidermal cells from the harmful effects of environmental stressors.

Beaté Pacifique
We are now pleased to be carrying the Beaute Super 3 Booster. This effective night cream contains Vitamin A and works by stimulating the production of collagen and elastin in the skin.
Super 3 also contains propolis, which is effective in cleaning and moisturizing the skin. The Super 3 product is an anti-aging and anti-acne product.



Most people will have to gradually introduce the Super 3. This means every other day for the first 7-10 days. Then step up to every day.

BioPelle
BioPelle Auriderm Illume Eye Creme was developed for individuals who suffer from dark circles under the eyes, especially those for whom the etiology of this condition is deposits of hemosiderin.



Auriderm Illume Eye Creme helps to strengthen the capillaries and reduce or prevent further hemosiderin deposits. In addition, its specially formulated cream base contains agents to help plump the area and reflective agents to reduce the appearance of dark circles.

Revalé
We are also carrying the new RevaleSkin professional line of anti-aging skin care products exclusively formulated with the natural antioxidant ingredient CoffeeBerry.

CoffeeBerry is a product derived from the coffee plant. When the fruit is at its peak it has a very high antioxidant concentration.

Antioxidants are important in skin care because they reduce the oxidative stress that occurs in the natural aging process. Antioxidants help reduce the appearance of fine lines and wrinkles, while also evening out skin tone and texture.

Beaute, Revale, Vivite and Auriderm products are available for purchase in our office during our regular business hours.





Atlanta Dermatology, Vein & Research Center, LLC
11800 Atlantis Place
Alpharetta, Georgia 30022

Dermatology & Vein Institute

CHANGES IN OFFICE POLICIES

- * Due to recent negotiations, our office has decided to continue accepting Coventry Health Insurance. We are sorry for any confusion this may have caused.
- * Any balance on a patient's account must be paid at the time of visit, or a service charge of \$25.00 will be added to your account.
- * There will be a minimum charge of \$30.00 for the completion of forms, letters, or paperwork (depending on the quantity and depth of forms and documents) that a patient requests us to prepare.

Contact Us

Phone: 770.360.8881
Fax: 770.255.2533

11800 Atlantis Place
Alpharetta, GA 30022

www.dermandvein.com