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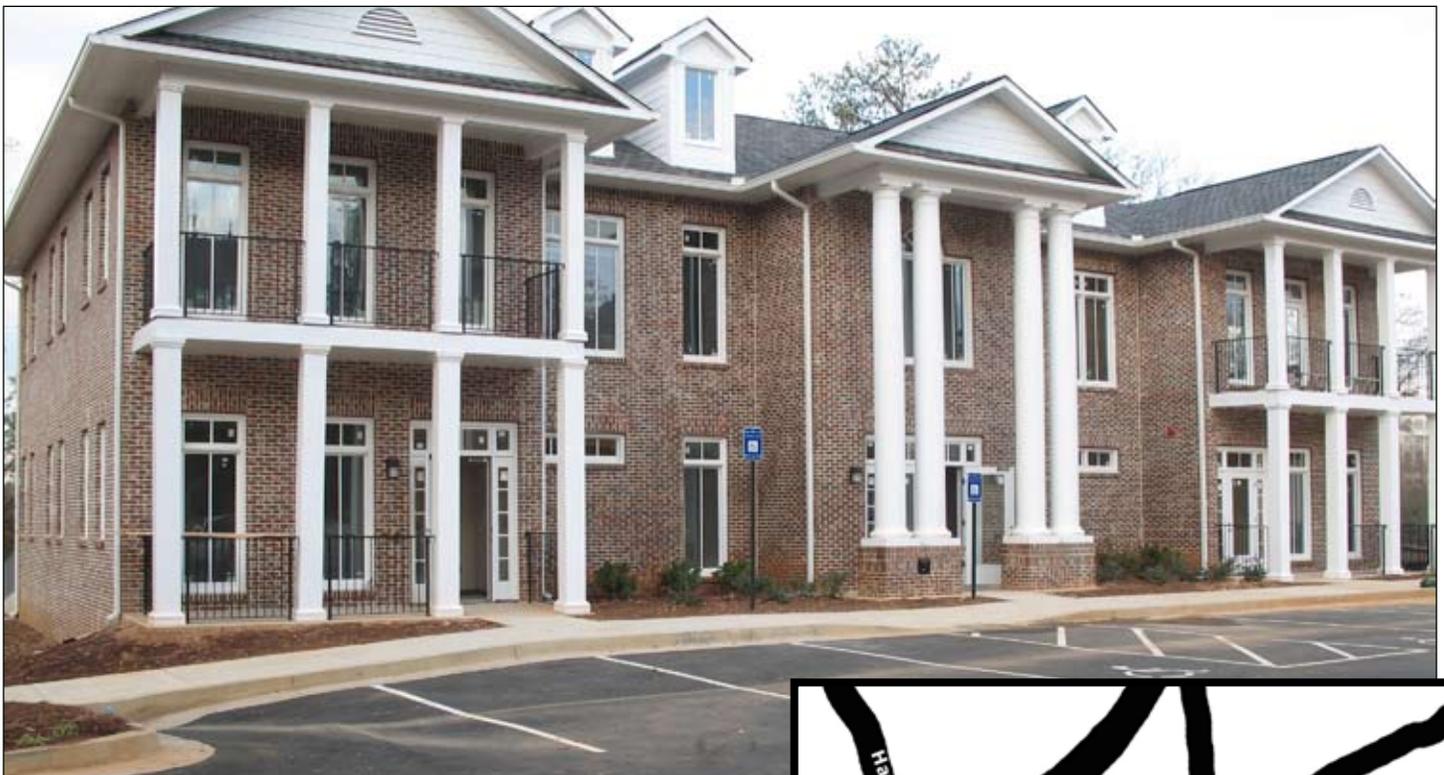


A. Damian Dhar, MD



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## *Atlanta Dermatology, Vein & Research Center, LLC*



# Office Relocation

We have outgrown our current space and during the second week of January our office will be relocating to a new building located off of Rock Mill Road at North Point Parkway. We will not be seeing patients during this move, but on January 15th, our new location will be open.

The new building is a two-story office that will better accommodate the needs of our patients. Each department will see increases in the amount of space available.

There will also be an increase in the reception space, with an upstairs and a main level waiting area.

Our new facility includes more patient rooms, more laser rooms, dedicated surgery and procedure rooms, a dedicated ultrasound evaluation room and more lab space. This will allow the staff of The Dermatology & Vein Institute to better serve our

patients and offer more availability to schedule appointments. All phone numbers will remain the same and detailed directions will be available at [www.dermandvein.com](http://www.dermandvein.com) and by phone at 770-360-8881.

# Melasma Advancements

According to the latest studies, melasma affects 6 million women in America, only about 10 percent of those affected are men. The condition usually appears as hyperpigmentation in areas exposed to sun. This disorder can be damaging to those that suffer from it, affecting their self-image, quality of life and social interaction.

Treatments for melasma are improving. The newest treatments available can all help battle melasma in ways that were not previously possible. The combination of new medications and treatments helps to optimize results.

Melasma treatment begins with sun protection. Sunscreen is a first line of defense for melasma and use of effective broad spectrum sunscreen, more specifically, 7% zinc oxide, can protect melasma patients from further exacerbating their condition.

Along with the impact of sunlight, hormones play a large part in the appearance of melasma. Pregnant women, as well as those on hormonal supplements may find that their pigmentation is worsened. Typically, the pigmentation will fade within six months post partum but at times, it can remain or even worsen.

Hydroquinone bleaching creams remain an important part treating melasma. There are numerous over-the-counter bleaching creams and many available by prescription.

The latest treatment is fractional laser. This laser delivers a series of microscopic, closely spaced laser spots to the skin while simultaneously preserving normal healthy skin between the laser spots. This preservation of healthy skin results in rapid healing following the laser treatment. The entire face can be treated with the laser in

approximately 30 minutes. This treatment has had excellent results with melasma.

If you are suffering from melasma, please call our office to schedule an appointment with one of our physicians. They will help you to choose an appropriate treatment for your condition.



*Patient after three treatments with fractionated resurfacing laser for melasma.*

# Casual Days for Camp Discovery

Those who have been in our office on a Friday or Saturday may have noticed a difference in our staff. On these days the staff is allowed to wear jeans if they make a donation to our chosen charity Camp Discovery.

Camp Discovery is sponsored by the American Academy of Dermatology and offers children with severe skin conditions a summer camping experience.

Founded in 1993, Camp Discovery offers scholarships to all campers for a week-long experience. These scholarships are funded by donations, like those from our office.



Children get to spend a week having fun under the care of dermatologists and nurses. Often, this experience is the only time when these children get to be around others experiencing the same challenges as themselves. The counselors at Camp Discovery are volunteers that also have severe skin conditions and can provide support and advice to the campers.

Campers are selected by recommendation from their dermatologist. Children selected for the camp suffer from conditions like psoriasis, alopecia, vitiligo, eczema, scleroderma, ehlers-danos, and many others.

If you would like more information visit [www.campdiscovery.com](http://www.campdiscovery.com).

# New Products Now Available

The newest product line addition to our office is **Colorescience**. This line of mineral make-up is an excellent addition to our product lines as it offers an additional method of sun protection that allows patients with sensitive skin to protect themselves from the sun's harmful rays.

Colorescience offers sun protection in a powder. Recommended by the skin cancer foundation, the sunforgettable line has a SPF 30, full spectrum protection.

Powdered sunscreens are the newest sunscreen to become available and have benefits that

were not previously offered. The nanotechnology used in creating powdered sunscreens allows for smaller particles that can more effectively block the sun's rays.

We are also offering a new product in our Neocutis line. **Journee** is a day cream that combines PSP with antioxidants and broad spectrum UVA/UVB protection.

A mixture of human growth factors and cytokines and interleukins combine to make PSP, which helps to revitalize skin and smooth fine lines and wrinkles.

Products are available for purchase in our office.



# Fractional Resurfacing

Our full-service laser department currently has eleven different lasers allowing us to perform a large variety of laser procedures. We are able to offer single and multiple laser rejuvenation for all different skin types, hair removal, photodynamic therapy, rosacea treatment, treatment for brown spots and fractional resurfacing.

We recently added the new Palomar Lux1540 Fractional™ laser handpiece that uses patented Fractional Technology to deliver the safest and most effective soft tissue coagulation and skin resurfacing available. Excellent results have been obtained for acne scars, pigmentation disorders like melasma, sun damaged skin, fine line and wrinkle resurfacing.

Palomar developed and patented Fractional Photothermolysis to create a revolutionary treatment: soft tissue coagulation and non-ablative skin resurfacing with high efficacy and no downtime. "Fractional" means that the laser pulses as an array of "microbeams". This approach protects the skin by creating a lattice of treated areas surrounded by untreated areas. This also results in quicker and more effective collagen remodeling, and faster healing time.

The Lux 1540 Fractional treatment can be done without anaesthetic because of a built-in cooling system in the laser hand piece, and thus the whole procedure is extremely comfortable and very quick.

One of the most exciting features of the Palomar Lux1540 Fractional™ laser handpiece is its efficacy in treating melasma. Having a laser which can improve the condition is a tremendous advancement for patients suffering from melasma.

This new handpiece has been an excellent addition to the other services that our laser department offers. To schedule a laser appointment or to be evaluated, call our office at 770-360-8881.



*Patient after two treatments with fractionated resurfacing laser for acne scarring.*

# Advancements in Injectables

Progress continues to be made in the field of facial fillers. Fillers allow for patients to get a younger, plumper look without having invasive surgery. The fillers that are available vary in their uses and indications. Fillers that stimulate growth include poly-L-lactic acid (Sculptra) and calcium hydroxylapatite (Radiesse). Replacement fillers include collagen and hyaluronic acid (Juvederm, Restylane, and Perlane).

Following injection, poly-L-lactic acid (Sculptra) creates a tissue response and new collagen production. Over time, it is metabolized into carbon dioxide and water. Sculptra usually takes between two and five treatments to obtain an optimal degree of correction, lasting up to 3-5 years. Sculptra is best used for broad, sunken areas of volume loss. The results are comparable with a fat transfer but the procedure is must less timely and expensive.

Calcium hydroxylapatite, known as Radiesse, is made of unique calcium-based microspheres suspended in gel. The results of Radiesse are immediate and typically last about a year to a year and a half. The calcium-based microspheres gradually



*Patient after one syringe of Juvederm (hyaluronic acid) injected into lips*

break down and are safely absorbed. Radiesse is best used for moderate to deeper wrinkles.

Hyaluronic acid is naturally found in human connective tissue. There are several products available for clinical use, with new products recently being released. Juvederm is one of the newer fillers on the market. After being in limited release at the end of 2006, it was widely released at the beginning of 2007. Juvederm has more hyaluronic acid which

allows it to last longer than other fillers currently available on the market. Juvederm is indicated for use in the nasobasial folds, but is commonly used off-label to achieve plumper lips. Perlane, which was released in the spring of 2007, has larger particles allowing for more dramatic correction.

Postinjection recovery when using hyaluronic acid products can be slightly uncomfortable and

*Fillers continued on page 7*

## Ancillary Providers Skin Care Regimen



Renee Cooper is our laser nurse at Atlanta Dermatology, Vein & Research Center. She performs facial rejuvenation, photodynamic therapy, tattoo removal and hair removal. She has been with the Dermatology & Vein Institute for more than four years.

Previously, she worked as a labor and delivery nurse at Northside Hospital. She earned her Bachelor of Science degree from East Tennessee State University where she majored in nursing.

Outside of the office, she enjoys running, biking, swimming and playing tennis. She also enjoys spending time with her three children.

Renee keeps her skin looking great by using Purpse soap in the morning, followed by Neocutis face cream and Colorescience

sunscreen. To treat acne breakouts, she uses Glytone wash. In the evening she uses Lumiere Eye Cream and Teamine for rejuvenating her eye area. Renee uses Prevenge HQ for its HGH properties.

Twice a year Renee gets Botox in her high movement areas. She also does PhotoDynamic Therapy once a year, followed by SilkPeel microdermabrasion. She does a multiple laser rejuvenation once a year.

Renee's skin care regimine treats aging skin, hormonal acne and sun damaged skin. Her yearly PDT helps to treat any precancerous spots.



Jen Hohenberger has worked at the Dermatology & Vein Institute for more than five years. She is a board certified medical esthetician

and performs chemical peels, fruit enzyme peels, SilkPeels, Thermage, waxing, make-up consults, skin care consults, gentle waves and acne surgery.

She completed her esthetician training at the International School of Skin and Nail Care.

She enjoys running, biking and riding horses.

Jennifer keeps her skin looking brilliant by beginning with a sensitive enzyme cleanser in the morning. She follows with Lumiere Eye Cream for its anti-wrinkle and hydration benefits. She uses PrevengeMD for the anti-oxidants. She finishes with Glycolix sunscreen to protect her skin from harmful UV rays.

In the evening she uses with Glytone Gel Wash to prevent breakouts. She exfoliates twice a week with algae facial scrub. She also uses Lumiere in the evening and Retrinol to prevent breakouts and to treat fine lines. She applies Neocutis for the high moisture and HGH restorative properties.

Twice a year she gets a multiple laser rejuvenation and Juvederm in her nasolabial folds.

To schedule an appointment with either of these providers, call our office at 770-360-8881.

## New Thermage Procedures

A new innovation in non-invasive techniques is the Thermage™ eye piece. The Thermage™ eye piece helps patients achieve younger looking, more lifted skin without the downtime of surgery. This new treatment utilizes a unique, deep-heating technology to stimulate and tighten existing collagen as well as activate new collagen growth.

Patients can see tighter, smoother eyelid skin. Make-up will be applied more easily, because creping will be reduced. Crow's feet and fine lines will also be softened.

Lips by Thermage™ helps smooth and tighten the skin around the mouth. This creates naturally fuller, more defined lips with a decrease in fine lines.

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large volumes are often needed for patients with moderate to severe wrinkles. Hyaluronic acid products are best used for deeper wrinkle correction and for furrows. Another benefit to this type of filler is that they do not require allergy testing.

Artefill is the first non-resorbable wrinkle filler approved by the FDA. Before initial treatment

Thermage™ treatments are performed by our esthetician under the supervision of Dr. Hamilton. Improvements after the treatment are very subtle and increase over time. Following treatment, patients can resume their normal activities immediately as most patients experience very little bruising and swelling.

Like all Thermage™ procedures, the Thermage™ eye piece and lip piece will improve skin tone and texture for an overall younger appearance. Patients can see improvement after a single treatment, with no downtime.

The newest innovation by Thermage™ is the deep tissue body contouring tip, which increases the tightening, firming effects of Body by Thermage™.

with Artefill, a skin test must be administered 4 weeks prior to screen for an allergy to bovine collagen. The results of Artefill are permanent. While this can be enticing to some patients, when treatment imperfections occur, remedies can be problematic. The technique of the injector is most important when using permanent fillers.

The most important point for

Results vary from subtle to dramatic. Generally, some improvement is immediately visible and continues for up to six months. Results are long lasting depending on your skin condition and the aging process.

Patients will be able to see the greatest effect in the waistline, thighs and arms, as well as flatter and smoother skin on the abdomen.

The procedure is not a substitute for diet and exercise and is not recommended for those who are significantly overweight.

To schedule an appointment please call our office at 770-360-8881.

patients to remember when selecting facial filler is that these products are technique-dependent. When used correctly, the results should leave patients with softer looking wrinkles and subtle enhancement.

To be evaluated by a physician and learn more about these products, please call our office at 770-360-8881 to schedule an appointment.



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**Dermatology  
& Vein Institute**

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Please visit our web site  
**[www.dermandvein.com](http://www.dermandvein.com)**  
to see our current monthly  
specials and to learn more  
about our practice.

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