

HAND REJUVENATION: TURNING BACK THE HANDS OF TIME

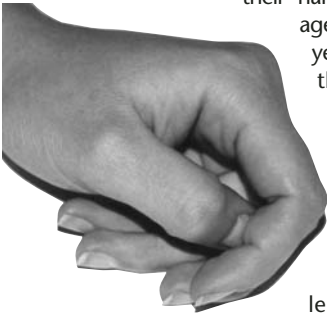
NEW YORK, NY (August 21, 2003) – While many people have cosmetic surgery to make their face look younger, their hands still may reveal their age. “When the hands look years older than the face, that’s a tell-tale sign that someone has undergone facial rejuvenation procedures,” says Robert Bernard, MD, president of the American Society for Aesthetic Plastic Surgery (ASAPS), the leading organization of board-certified plastic surgeons who specialize in cosmetic surgery. For those who are concerned about the appearance of their hands, there are steps that can help prevent or even partially reverse the signs of aging.

The cumulative effects of aging, sun and exposure to chemicals are brown spots, uneven pigmentation, skin cancers, thinning skin, and prominent veins. As women enter menopause, dropping levels of estrogen contribute further to thinning and drying of the skin. There is no procedure or combination of procedures that can address all the damage done to hands, but significant improvement can be achieved with the help of aesthetic procedures such as the following:

- Prescription topical treatments: Lotions and creams, some with glycolic acid or other exfoliating agents, can be effective for treating dryness and light sun damage.
- Microdermabrasion: A noninvasive treatment that uses a stream of micro-crystals and suction to gently polish the skin, reducing age spots and light sun damage.
- Chemical Peels: Minor brown spots and areas of discoloration can be treated with chemical peel solutions that vary according to their specific ingredients and strength. It is important that this procedure be undertaken judiciously, as hands have a tendency to scar.
- Intense Pulsed Light: Proponents say intense pulsed light can reduce the signs of aging and discoloration in the hands and stimulate the skin for a collagen-producing effect. Benefits of treatment are said to include improvement in skin texture and dermal thickness.

“The hands are an expressive part of our bodies,” says Dr. Young, who adds that the variety of hand rejuvenation procedures can be done alone or in combination. “We use them to communicate, nurture and create. Whether we think about it or not, our hands are on display all the time.”

Published by the ASPS



THERMAGE AND THE WEEKEND LIFT

Our clinical trials of the weekend lift with thermage have produced better than expected results. We are now recommending this less costly, much less recovery procedure instead of more extensive surgery because the results and benefits in selected patients are as good as the more involved surgeries. We are seeing some swelling in about 40% of patients who undergo either the weekend

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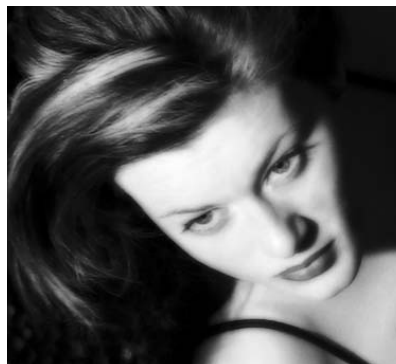
lift with thermage or the thermage by itself that lasts 3-5 days. Most patients are back to work after a weekend recovery and immediately look more rested and refreshed. This is an ideal procedure for men and women who want to take a few days off from work and return looking rested, relaxed with no tell-tale signs of surgery. We are continuing to follow up with our patients to determine the long term benefits and the degree of additional lift and tightening that may be produced by the secondary effects of thermage. Although clinical trials are ongoing, we remain enthusiastic about this exciting new technology.

RESTYLANE UPDATE

This long-awaited filler material was recently approved by the FDA as a safe and effective soft tissue filler. As you may know Restylane has been used in Europe, Canada, and Mexico for several years with an excellent safety profile and wonderful long lasting results. We have begun using Restylane for improvement of fine lines, wrinkles, lip enhancement, and scar camouflage. During January through March we will be offering Restylane treatments at a special introductory rate much less than the cost of other injectable alternatives. Check our quarterly coupons and monthly website promotions for great treatment discounts.

Restylane is a gel that is injected into the skin in order to smooth lines and wrinkles or add volume to lips. Restylane consists of hyaluronic acid, which is a natural substance already present in your body that helps maintain skin elasticity and

plumpness. The hyaluronic acid in Restylane is non-animal and therefore does not require skin testing and allergic reactions are very rare. The results provided by Restylane are immediate and can last up to one year, longer than collagen and most other soft tissue fillers. We are very excited to offer this new and exciting treatment in our offices. For more information or to schedule an appointment call (888) 596-FACE.



CAFFEINE- FROM STARBUCKS TO WONDER DRUG

My recent experience in the neonatal intensive care unit at CHOC following the birth of my daughter caused me to reflect on an amazing drug that most of us use every day: caffeine. Almost every premature infant receives caffeine either intravenously or by nasal tube to stimulate breathing and decrease the risk of apnea or cessation of breathing that contributes to sudden infant death. Recent studies in the British medical literature have found that caffeine taken both orally and placed on the skin topically decreases the sun's ability to produce skin cancer. Caffeine has been shown to improve intellectual performance on I.Q. tests. It is used as a mood elevator. Anesthesiologists use it during certain procedures to smooth the emergence from some types of anesthesia. It is used in some cosmetics to decrease wrinkles. It is combined with aspirin and other pain medicines to enhance their effects. Although the recent British research showed significant decrease in the formation of sun induced skin cancers using caffeine in animal models it's not clear how this will affect our daily lives, so before you start rubbing your used tea bags on your arms and legs additional research needs to be done; but by all means the next time the barrister asks you if you want regular or decaffeinated you might pause to think.

WIN FREE SERVICES in our Winter Season Raffle!

During February and March...for every procedure purchased, you will receive one Holiday raffle ticket and a chance to win one of these valuable prizes:

- 1 Photorejuvenation treatment
- 1 Microdermabrasion treatment
- 1 One hour FACe Customized facial
- 1 FACe Beautify Back treatment
- 1 Botox treatment (Up to 20 units)

Don't miss your chance to win free services from Facial Aesthetic Concepts. Drawing will be held April 6, 2004. Winners will be notified by telephone following the drawing.

