



## Better Skin Bigger Smiles

From your state-of-the-art dermatologic and cosmetic office

Fall 2008



### Relationships Inspire

#### We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return to our practice, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

## Smile Big For The Camera!

### Photo rejuvenation for your face and hands

In the last few years, cosmetic medicine has undergone a revolution produced by the invention of new techniques and technologies designed to make treatment safer, easier, and less invasive. The *intense pulsed light laser treatment* (IPL) is one example of how a new invention makes it so much easier to have clearer skin that's free of blemishes, unwanted hair, and birthmarks.

The IPL is an intense light (similar to a camera flash) that penetrates the first layer of your skin to the deeper layer where your blood vessels and pigment cells are found. Within four to six treatments, usually lasting less than an hour, this non-invasive treatment stimulates the collagen under your skin to reduce blemishes, red spots (*rosacea*), and smooth out broken, uneven skin texture.

The IPL laser, also referred to as "photo-rejuvenation," is also an excellent way to remove unwanted hair from your face or body, replacing unpleasant treatments using hair removal creams, stinging wax, or electrolysis needles. It produces long-lasting results and can treat large areas such as the back, shoulders, arms, and legs without resorting to the old individual follicle removal methods. As a result, there is significantly less pain and discomfort in comparison to traditional methods of hair removal. As well as the gentleness, the IPL method reduces patient downtime and prolonged patient recovery periods.

Patients with fairer skin are more likely to benefit from IPL treatments, but success has also been achieved with a wide variety of skin types and conditions. Please don't hesitate to call us for a consultation if you want to be rid of what the IPL can tackle: unwanted facial or body hair and blemishes on your face or hands.



*Communication is important to us - don't be afraid to ask questions!*

# Off With Cellulite

Get on with your life with smooth skin

Are you tired of those dimpled, orange-peel-looking patches on your thighs known as cellulite? Despite diet, exercise and over-the-counter treatments, cellulite sticks to you like your new best friend.

You aren't alone. According to a recent study, almost 90 per cent of women have some degree of cellulite. The reassuring news is that average and underweight people are as likely to get cellulite as those overweight.

Several factors have been attributed to cellulite. Women, unlike men, have inflexible connective tissue so that as they gain weight, their fat cells expand and tend to bulge. Hormones may also play a role as well as genetic factors. Diet and lifestyle may also contribute.

Excessive amounts of fat, carbs, salt or too

little fiber can cause cellulite as well as smoking and lack of exercise.

We are pleased to announce a safe, FDA - approved cellulite treatment called *Thermage* to smooth dimpling and tighten skin in a single treatment.

Here's how *Thermage* works. Backed by years of clinical research, radiofrequency energy with advanced deep heating rebuilds collagen connective tissue, improves blood flow and improves the smooth appearance of the skin.

Not only will you see a difference immediately, but the skin will continue to tighten for up to several months after the procedure.

You can book this safe and convenient procedure with little disruption to your busy life. Contact us to arrange a consultation.

## Truths And Myths Of Acne treatment

**Truth:** Almost every teenager and young adult will experience at least one bout of acne - and more than 50% of adults over the age of 25 will have the occasional acne breakout.

There are a lot of myths and truths about this condition.

**Myth:** Contrary to what you've probably been told, diet doesn't play much of a role.

**Truth:** But hygiene certainly does, so yes, you should keep your skin as free from oils as possible. Keeping your skin dry is also important. A cool and dry environment can be a great benefit.

The real culprit is our skin's reaction to the normal hormonal imbalances as we grow up.

As well, we can't ignore that old villain ... genetics.

**Myth:** That there's no effective treatment. Please see us for a consultation at any time, because there *are* solutions.

## Grown Up With Acne

Help for embarrassing skin conditions

Adolescent acne is embarrassing enough with scars still evident in adulthood, but many men and women, who escaped skin eruptions in adolescence, suddenly find themselves with adult acne.

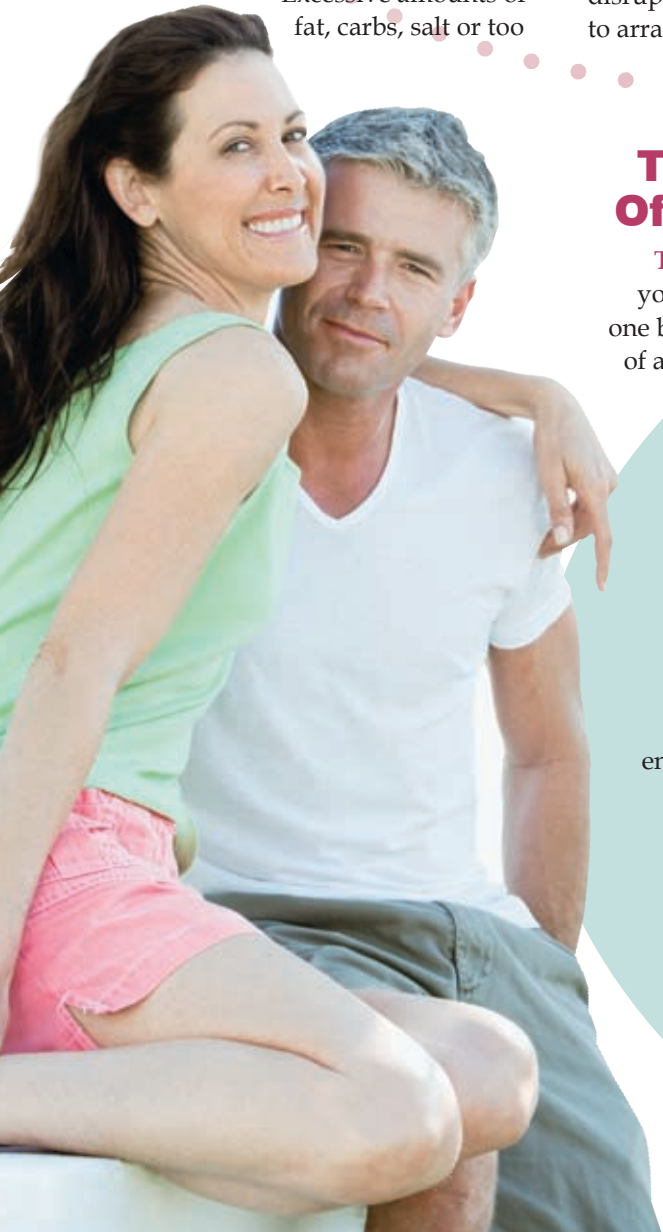
Fortunately, chemical peels, which remove outer, damaged layers of skin, can dramatically improve acne conditions and overall skin appearance with little risk of complications. In addition, chemical peels can treat dry or pigmented skin, sun damage and reduce fine lines.

While ideal candidates are those who have superficial acne or just scars, patients with very active acne and pregnant or lactating women are not. That's why it's important to discuss medical history, current conditions and desired results with a specialist who has expertise in resurfacing techniques.

Several techniques may be considered. Lighter chemical peels require little down time with mild redness. Stronger chemical peels act on deeper layers of skin tissue and generally last longer with a longer recovery period. Chemical peels can also be combined with microdermabrasion, laser resurfacing and/or dermal fillers depending on the patient's needs.

Afterwards, expect to feel a sensation similar to mild sunburn with some degree of redness, dryness and peeling. Healing time varies from three to 21 days during which exposure to the sun should be avoided. After the healing process, sunscreen should be worn daily as part of a good skin-care regimen.

Contact our office for a consultation or more information.



# Say Hello To The Real You!

Let Botox® Cosmetic smooth away lines and wrinkles

We've long been advocates of non-surgical cosmetic makeovers because we see first-hand how our patients experience improved self-esteem from looking younger and more attractive. One of the procedures that really gets results is the Botox® Cosmetic non-surgical face-lift which is world-renowned for its ability to smooth away lines and wrinkles. And we can administer Botox right here at our practice - easily and safely.

Botox injections are the most popular cosmetic medical procedure. In fact, in 2006, over 4.1 million women and men benefited from this safe non-surgical procedure. When facial muscles are repeatedly contracted, they repeatedly fold the overlying skin, resulting in lines and wrinkles. That's where Botox comes in.

A clinically produced bacterium, Botox prevents muscles from contracting when injected in small diluted amounts. Within three to five days of treatment, lines and wrinkles relax, giving the face a smoother, happier appearance. Every patient is different, but often treatments can last beyond six months, and can be repeated any number of times. Appointments last ten to thirty minutes, and although a few patients experience some slight discomfort, it disappears immediately after application. And the rejuvenating results? *Fabulous!*

Men and women are increasingly aware that the residual effect of wrinkles, frown-lines, and smile-lines can leave them looking strained and tense ... and can communicate fatigue and anger when nothing could be further from the truth!

Why not treat yourself?  
Call today  
for your  
consultation.

Now Available At  
Our Offices

## Juvéderm® "next generation filler" approved by FDA

Juvéderm®, the new filler and facial wrinkle corrector from Allergan, the makers of Botox Cosmetic, has been given the all-clear by the FDA. We are pleased to announce that it is now available at our offices!

Tests have shown that Juvéderm provides smooth, long-lasting results - up to six months longer than other products. It features a high concentration of hyaluronic acid; a natural complex sugar found in all living organisms and one that creates volume and elasticity in the skin.

With FDA approval, Juvéderm is now set to join Botox Cosmetic as an alternative semi-permanent anti-wrinkle treatment, tapping into a market that is fast growing. In 2006, 9.1 million non-invasive procedures were performed in the United States, up 66% from 2000, according to the *American Society of Plastic Surgeons*.

Juvéderm joins our family of successful rejuvenating fillers, such as *Radiesse™*, which has also received FDA approval.

Call today - (847) 298-1831 or (773) 281-9200 - to make an appointment or for more information on the filler best suited for your needs.

\*BOTOX® Cosmetic is approved for the temporary treatment of moderate to severe frown lines between the brows in people ages 18-65. BOTOX® Cosmetic is administered by physicians and is available only by prescription.

# Acquire A Smooth, Clean, Healthy Glow

## Be amazed with Isolaz™

We can help you achieve clean and radiant skin ... without makeup. We can help you achieve hair-free skin ... without a painful and timely removal process. Think you're dreaming? Well, then we can help make your dreams a reality!

We are pleased to welcome *Isolaz™*, a breakthrough in deep pore laser therapy. Developed by *Aesthera, Inc.*, Isolaz uses laser therapy, with the cleansing properties of a vacuum, to provide complete purification of your pores.

### Isolaz Acne Therapy

Once the hand-piece makes contact with your skin, a gentle vacuum removes the skin-irritating agents, while cleansing the pores. Following the extraction process, a painless laser puts an end to remaining bacteria which can help to reduce your skin's excessive-production of oil. Your skin is left cleaner, tighter, and with a healthy glow.

### Isolaz Skin Rejuvenation & Hair Removal Therapy

The hand-piece is placed on the body creating a gentle suction to remove hair follicles, pigmented lesions, and sun damaged skin. Next, a painless laser sends photons to the area at a 4-5 times faster rate than a traditional laser, proving to be both swift and efficient.

If you have any questions, or would like help determining if Isolaz is right for you, please call us today and schedule your consultation - you just might be amazed!



## Technology For Your...

### ...Smooth skin

We are proud to offer you an exciting new **laser treatment** that provides safe, effective, non-invasive skin resurfacing. This technology is powerful enough to restore and revitalize your skin, yet requires only *minimal down time*.

Plus, you can actually see immediate results that will improve with each treatment.

Smooth out...

- scarring from acne, surgery, burns, trauma, or illness
- wrinkling around the eyes, neck, chest, or hands
- roughened texture due to aging, sun, wind, toxins, or smoking

Eliminate...

- brown spots and blotching from sun exposure, aging, or hormonal changes, including pregnancy and menopause

Lasers target flaws by penetrating deep inside the dermal layer. In response, your body creates its own new collagen, elastin, and skin cells from within. Enjoy the beauty of your smooth skin!

## PARK RIDGE DERMATOLOGY

**Dr. Steven Mandrea**  
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### Office Hours

Monday 2:00 pm – 7:00 pm  
Wednesday 9:00 am – 6:00 pm  
Saturday 9:00 am – 12:00 pm

### Contact Information

Office (847) 298-1831  
Fax (847) 298-1832  
Web site [www.lakeviewderm.com](http://www.lakeviewderm.com)

We are also available 6 days a week in  
our convenient Chicago location!

**(773) 281-9200**

*Thank you for all your  
referrals. We appreciate them!*



CASH



VISA



## Attractive Solutions

### CareCredit®

We are pleased to introduce *CareCredit®*, a new way to finance your cosmetic care. You can have the beautiful skin you always wanted and pay for it over time within your budget. This is why we recommend *CareCredit*, an affordable payment program that has a unique no-interest payment plan. *CareCredit* enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. *CareCredit* offers monthly payment plans to meet almost every need so you make your new look a reality.

Ask for a *CareCredit* application...  
and begin treatment today!