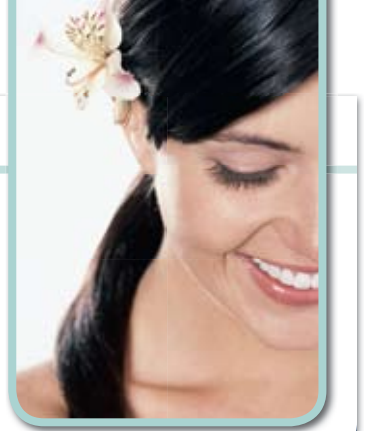




# Better Skin Bigger Smiles



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

Spring 2009

## Think Spring

*It's in the air!*

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, we know your focus is forward ... to looking and feeling your best.

We can provide you with state of the art non-invasive technology that will give your skin a youthful appearance, by eliminating brown spots and blotchy skin, remove unwanted hair, tone sagging skin or smooth wrinkles.

And with your new look, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

– Steven Mandrea, MD



## Here Comes The Sun!

### The best way to protect your skin

In every season, the great outdoors holds a special allure. Whether it's backyard barbecuing or spending days at the beach, skiing moguls or hiking the trails, everyone can benefit from sun protection for skin, eyes, and lips. Most of us take extra care against sun exposure on weekends, but sun damage that can lead to cancer, including lip cancer, slyly builds up daily. That's why experts recommend these tips that can help you protect your skin from the elements.



### Soak up the sunscreen

When you're out, wear a minimum of SPF 30 sunscreen, but if you're not out for longer than half an hour at a time, an SPF 15 sunscreen will be enough.

### Maintain moisture

Wind and heat dries out your skin, making a moisturizer even more vital. Moisturizers with UV protection are ideal provided they offer the right level of protection.

We have a complete line of products to protect your skin – from sunscreen treatments to moisturizers – that are unique to your complexion. Come in and ask us about the best products for you!

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



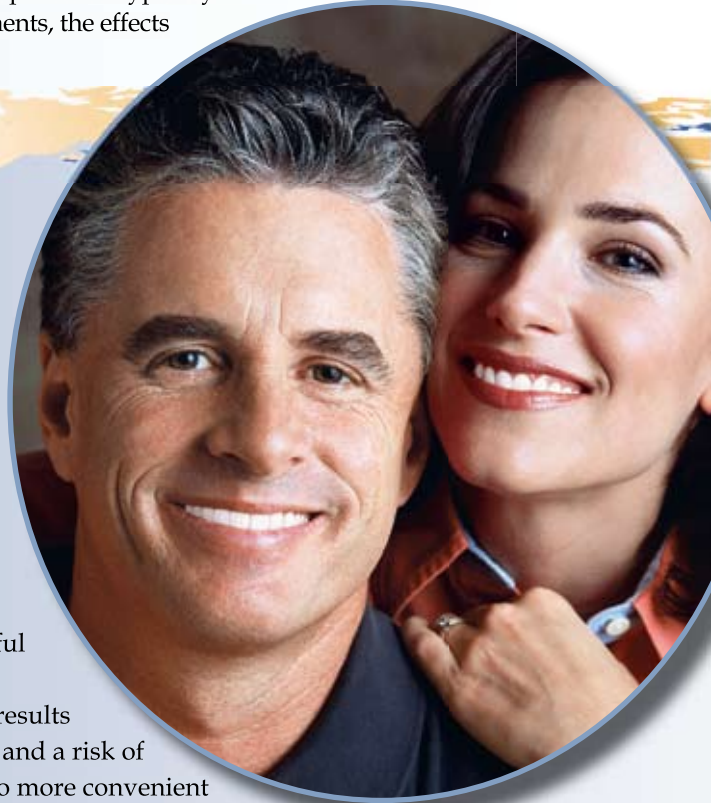
# Saving Face, *Naturally*

**Benefits surpass traditional techniques**

Facial wasting (lipoatrophy) results from the loss of subcutaneous fat, that all-important “cushion” that supports our skin and gives it volume and resilience. The causes of lipoatrophy are varied and include aging, genetics, and the necessary use of particular prescription drugs. The condition is marked by a “sunken cheek” appearance, but the effect is also noticeable at the temples and around the eyes. Lipoatrophy causes creasing and gives skin a listless, even droopy appearance. But what if we could coax the body to restore that lost volume, naturally. That is the “magic” of *Sculptra*™.

Sculptra (Poly-L-lactic acid) is a unique, injectable filler. This biocompatible, synthetic wonder is readily broken down and absorbed by the body over time, but its presence beneath the skin has a marvelous effect. Poly-L-lactic acid particles act as a mild irritant stimulating the production of new collagen, gradually restoring the skin’s volume and elasticity. Wrinkles and creases are reduced and skin appears firm and vibrant, but Sculptra is not a “quick-fix.” Here is why.

The procedure is performed after the treatment area has been numbed with anesthetic. Fine gauge needles inject Sculptra into the subcutaneous layer where it is evenly distributed through gentle massage. At first patients are disappointed, but collagen production takes time. By six weeks, the full effect is almost complete and patients are rewarded for their patience. Typically requiring two Sculptra treatments, the effects last up to two years!



## Skin Resurfacing Advances

**Benefits surpass traditional techniques**

If you’re a candidate for skin resurfacing, the *Luxar Lx20lp Co2 Laser* is a revolutionary treatment method that offers superior results and no downtime. This heated tissue initiates a natural healing process that actually forms new healthy tissue which results in a fresher more youthful skin tone and texture.

Some skin resurfacing devices such as CO2 lasers can produce good results over time, but there are significant drawbacks, such as red and raw skin and a risk of infection for several weeks after treatment. The Luxar treatments are also more convenient than many others because there’s no long prep or clean-up time required. The individual pulses of microbeams protect the skin from overheating which many other resurfacing techniques can cause.

In addition, the Luxar features built-in cooling of the skin so you feel only minor discomfort during treatment. And, because the light pulses are confined to narrow columns in the skin, much of the skin is left unaffected, resulting in a quick healing process. Most patients notice positive changes in skin tone and texture within a few days and a series of treatments over 3-6 weeks may be required in some cases.

*Please call us to see if you’re a candidate for Luxar skin resurfacing.*

# Confidence

## It's Camera Season!

Are you dressing to hide your flaws?

Countless photo opportunities are always just around the corner, but ideally, your cosmetic makeover, no matter how major or minor, should be completed far enough in advance of your event to give you time to plan changes in hair styles, make-up, or fashion. It's also wise, as weddings, graduations, and other photo-filled events approach, to anticipate the very high demand for our cosmetic services. We want you to have time to enjoy the process - to consult, consider, and feel confident about your terrific updated look!

### Procedure Problems & Correction Time Required

These non-surgical procedures have no down time, but they book quickly!

■ BOTOX® Cosmetic injections smooth out lines and wrinkles	1 visit
■ Soft Tissue Fillers plump up luscious lips or fill out lines	1 visit
■ Laser Hair Removal reveals a smoother you	multiple visits
■ Microdermabrasion erases lines, age spots or acne scars	multiple visits
■ Latisse™ growing serum will help make your eyelashes look great	1 time purchase: full results after 16 weeks

Don't wait for the camera to find you!  
**Book your appointment now!**

## Erase The Tracks Of Time

You need to know about *Tummy by Thermage™*

How many of us wish that smooth skin could be ours forever? Alas, as we age and our natural collagen breaks down, our skin loses its natural suppleness, fine wrinkles deepen to become creases, and skin becomes lax. With *Tummy by Thermage™* you can roll back the years, recontour your tummy, and improve stretch marks caused by pregnancy or weight loss. Here's how...

Our skin consists of the outer layer or epidermis, the dermis, and the subcutaneous or fat layer. Leading-edge Thermage technology deep-heats all three to tighten loose, sagging, and wrinkled abdominal skin. While there is no actual loss of fat, you can expect improved contours. In fact, patients have reported spot reductions of up to 3 inches!

Tummy by Thermage is very effective on its own and many patients also choose this option to tighten up after liposuction. And the benefits continue long after treatment. Not only will stretch marks become smoother and less noticeable, but you can expect a firmer, younger-looking belly button!

All this without surgery, injections, or downtime. We are using the latest technology - Thermage NXT System so discomfort is minimal. It's so effective that we can use a lower setting to achieve outstanding results.

If you'd like your tummy to be firmer, smoother, and more youthful, call for a consultation. Tummy by Thermage could be for you.

*Tummy by Thermage. Who thought erasing the years could be so simple?*

# Lakeview Dermatology Is Now Doing Lipotherme...

## What is Lipotherme?

**Lipotherme™** is an innovative *Laser Lipolysis* procedure that heats and melts the fat under the skin and can be used before tumescent Liposuction to soften and thus facilitate the removal of excess fat. The fat that is left behind is metabolized by the body in one to two months. At the same time, the skin is warmed from underneath. Due to collagen contraction, this results in **less flabbiness and tighter skin** that may result following Liposuction alone.

Lipotherme Laser Lipolysis can also be used by itself to reduce smaller areas of fat deposits and to **tighten the loose skin on the abdomen, love handles, thighs, arms and neck.**

## How Lipotherme works

The fat is warmed and softened by a very thin cannula. As a result, the fat is easier to suction than without prior heating. This is especially true in areas with excessive fibrosis such as the umbilical (navel) area and the area below the rib cage. This makes the subsequent liposuction procedure **faster, without sacrificing safety.** The cannula is constantly moved in order to avoid overheating. All this is done with temperature monitoring. At the same time, the skin is warmed from underneath and this results in less flabbiness and tighter skin due to collagen contraction.

Lipotherme is one of the newest laser assisted liposuction procedures.

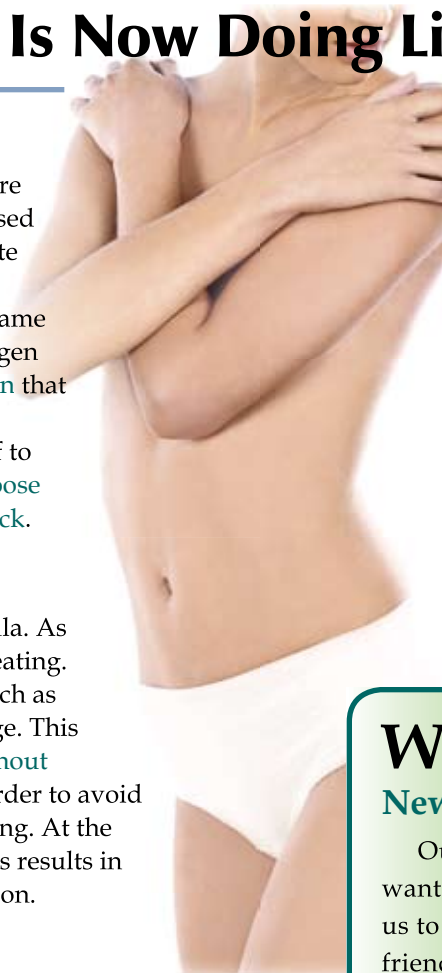
**Conditions treated:** Excess Fatty Tissues

**Length of treatment:** 45 to 60 minutes following tumescent anesthesia

**Price:** \$1500 to \$2500 depending on size

**Insurance:** Not covered by insurance

**Pain factor:** Mild, following tumescent anesthesia



## We Welcome New Patients

Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent care.

From implementing the latest technology, procedures, and techniques, to being flexible in scheduling appointments and offering supportive payment options.

*Trust in those who have earned your trust and earn their trust in return.*

## PARK RIDGE DERMATOLOGY

**Dr. Steven Mandrea**  
1420 Renaissance Drive, Suite 208  
Park Ridge, IL 60068-1342

### Office Hours

Monday 9:00 am – 6:00 pm  
Wednesday 9:00 am – 6:00 pm  
Thursday 12:00 pm – 7:00 pm \*  
Saturday 9:00 am – 12:00 pm

\* Appointments available with Physician Assistant Jang-Mi Johnson

### 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!*



## Are You Troubled With...

### Excessive sweating?

You're all dressed up and ready to go or you've just arrived looking great and feeling wonderful when, oh no! You're sweating excessively. You're convinced that all eyes are upon you. Your hands are damp, so are your armpits and soles of your feet. Or maybe it's another part of your skin that is sweating. What is it, why is it happening, and what can you do to control it?

Hyperhidrosis, (its medical term) is a fairly common problem caused by increased activity of sweat glands and may be triggered by heat, emotions, and other factors. There are topical antiperspirants and oral medications you can use. And there's *Botox®*. Known for its ability to smooth out frown lines, Botox is also effective in cases of Hyperhidrosis. Ask us for more information.