



love your skin

Medical, Cosmetic and Laser Dermatology News

Welcome to the premier issue of our quarterly newsletter. We're excited about all that is happening at our practice and we want you to know all about it. Please take a few minutes to learn about everything we can do for you.

Sincerely,
Joshua Fox, M.D.
Medical Director

www.AdvancedD.com

SECTION ONE: MEDICAL DERMATOLOGY

PATIENT TESTIMONIAL

We'd like to share a letter we received from one of our patients, Althea Barnes:

I had pimples on my forehead for many years. I also had skin discoloration and acne spots all over. After a few chemical peels at Advanced Dermatology, they were gone! The procedure is quick with a little tingling feeling, which goes away in minutes. The down time was approximately two days, with a little peeling of the surface skin.

Now at age 40, I have much younger looking skin, tighter and toned. I even recommended the peel to my spouse, who goes to your office every two months to get it done. It helps with his shaving bumps and marks and gives his skin a clearer tone.

I would recommend the chemical peel to the world. It works wonders!

Sincerely,
Althea Barnes

If you have skin problems similar to Althea or her husband and want to know more about **Chemical Peels** call to schedule your initial consultation with one of our expert dermatologists.

IPOD WINNER!

Congratulations to our patient, Andrew Cunningham. He is the happy winner of our recent office giveaway.



Next month . . .

Do you have large, unsightly and painful varicose veins? Find out next month about how our doctors provide relatively painless treatments, with rapid results, right in our offices! Best of all, our procedures are covered by medical insurance in some cases.

We are one of the best-equipped medical and cosmetic dermatology practices in the NY Metro area, offering treatments and care you can trust. Our procedures can be used alone or in combination with others for greater effect. Want to make a dramatic improvement . . . or simply defy your age? The most popular forms of cosmetic dermatology are **BOTOX®** and **Dermal Fillers**. Here is some information to help you to decide which options you'd like to discuss further with us.

ABOUT BOTOX® COSMETIC

BOTOX® Cosmetic is a simple, non-surgical, physician-administered treatment that can temporarily smooth moderate to severe frown lines between the brows in people from 18 to 65 years of age. It can also be used for forehead wrinkling, crow's feet, lip wrinkles and in raising the brow. It is a purified protein that reduces the activity of the muscles that cause those frown lines between the brows to form over time. It is the only treatment of its type approved by the Food and Drug Administration (FDA).

One 10-minute treatment - a few tiny injections - and within days there is a noticeable improvement which can last up to 4 months. Results may vary, but we'll show you just one great example, below.

ABOUT DERMAL FILLERS

Dermal fillers can restore fullness and reduce wrinkles around the mouth and lips, lessening the appearance of facial lines, acne and other scars in a natural-looking way. The cost of fillers, and how long their effects last, varies widely. Injected into the skin in a doctor's office with minimal recovery time, dermal fillers have become increasingly popular, with a broad range of products offering an effective and cost-effective alternative to cosmetic surgery.

Using multiple fillers, a physician can offer patients customized treatments, individualized beauty solutions, and create a natural, youthful look.

Next month . . .

Learn about Omni Pixel Skin Rejuvenation, a new, FDA-approved laser device designed to improve the quality and texture of the skin while stimulating collagen production - with little discomfort and virtually no downtime! Safe and effective, it combines the proven long-lasting effectiveness of the ablative approach with the patient comfort level of a non-ablative approach.

Before BOTOX®



After BOTOX®



BRAND	KEY COMPONENT	PROS & CONS
Restylane®	Non-Animal Stabilized Hyaluronic Acid (NASHA)	Most common of the fillers. Patients love this treatment filler. Can be used virtually anywhere on the body and will last for a period of 4 to 6 months. Results in one treatment.
Perlane®	Non-Animal Stabilized Hyaluronic Acid (NASHA)	Less bruising. Can be used in most places on the body. Generally lasts 6 to 12 months.
Juvéderm™ Ultra Plus	Hyaluronic Acid	Less bruising. Can be used in most in places on the body. Generally lasts 6 to 12 months.
Juvéderm™ Ultra	Hyaluronic Acid	Less bruising. Can be used in most in places on the body. Generally lasts 6 to 12 months.
Radiesse®	Calcium Hydroxylapatite	Higher risk of bruising. Much thicker product. Generally lasts between 9 months and 2 years.
Sculptra®	Poly-L-lactic acid	Most expensive treatment on the market. Requires multiple treatments. Only filler approved for HIV Positive patients. Least tested of all fillers. Generally lasts 1 to 5 years.

For more advice about how to choose the filler that's best for your needs, visit the Dermal Fillers section of our website.

SECTION THREE: LASERS

We have become perhaps the most comprehensive laser center in the NY Metro area, with over 40 types of dermatologic laser and light devices - a larger selection than any major NY teaching hospital or university in Queens and Long Island. Therefore, we can offer a complete solution for skin conditions, as a combination of different laser treatments may be necessary to achieve optimal results effectively. You get unmatched quality assurance, as most all of our laser and light treatments are performed by our physicians themselves - and not by a technician, as is the case in many other practices.

PHAROS EXCIMER LASER

The Excimer Laser represents one of the most significant advances in recent times for **vitiligo, psoriasis and eczema**. The Excimer Laser is a 308nm laser that emits ultraviolet light under high intensity. Its power reduces treatment times to a fraction of that required by older devices. Happily, remission times are generally much longer than treatments relying on topical creams. Medicare and most private insurance carriers will cover this treatment for suitable patients.

Psoriasis can be treated at any site on the body. The treatment is particularly useful for the scalp area, as the laser handpiece can be easily applied in this region.



Psoriasis Before

Psoriasis After

Small areas of **eczema** may also be treated at any site on the body. Depending on the size of the area being treated, generally each session of treatment takes only about 5 or 10 minutes.

When **vitiligo** is treated, the best results are seen on the face. In fact, this laser has proven to be the best available treatment for vitiligo of the eyelids. Sites that respond poorly include the fingertips, palms, soles, lips, knees and elbows.



Vitiligo Before



Vitiligo After

Next month . . .

Learn about the sudden popularity of our new MedLite Laser.

Pharos Excimer Laser photos provided by RA Medical Systems

SECTION FOUR: FEATURED PHYSICIAN

SPOTLIGHT

Aza Lefkowitz, M.D., F.A.A.D.



Dr. Aza Lefkowitz specializes in a delicate form of skin cancer surgery, called **Mohs Micrographic Surgery**. Mohs surgery is commonly used for skin cancers detected on the face, or over very large areas of the skin or for recurrent skin cancers. The goal of Mohs surgery is to take out the "roots" of the cancer while removing as little healthy skin tissue as possible, which is done by using a microscope inter-operatively. This results in a smaller scar and more rapid healing than from traditional surgery. For patients with facial skin cancer, the possibility of minimal scarring is especially appealing. Best of all, Mohs surgery is performed in our on-site surgical units and the procedure is completed in one visit. While many of his surgical patients are referred to him by other physicians, Dr. Lefkowitz is sure to send those patients back to their own doctors for regular checkups and treatment.

Dr. Lefkowitz has been practicing for nearly a decade and performs over 1,500 Mohs surgeries each year. He is proud that, with this procedure, fewer than 2% of his patients have a recurrence of skin cancer. He adds, "skin cancers are treatable but the sooner they are detected, the better the cure rate and the aesthetic outcome."

There are over a million cases of skin cancer diagnosed each year in the United States and 50,000 of them will be new cases of melanoma - the most dangerous form of skin cancer. As a dermatologist on the front lines in the fight against skin cancer, Dr. Lefkowitz stresses the importance of an annual skin exam for people of all ages. If you are fair-skinned or if you have a family history of skin cancer, you should have a skin exam more often. Call us today to schedule your exam. With summer here, remember to play it safe in the sun.

Next month . . . Learn more about our Founder and Medical Director, Joshua Fox, M.D., F.A.A.D.

SECTION FIVE: PLASTIC SURGERY



FREE CONSULTATION! Just call any of our offices to schedule your appointment.

Our board certified plastic surgeon offers a full range of cosmetic and reconstructive procedures for men and women.

Learn more from our media archive. Visit our Doctors in the News section of our website at www.AdvancedD.com

Next month . . . Thinking about plastic surgery? We'll give you an in-depth overview of the skill and artistry of our plastic surgeon. You'll get the honest answers you're looking for and you'll see why Advanced Dermatology is the obvious choice.

SECTION SIX: PRACTICE NEWS



WELCOME OUR NEW PHYSICIAN

Robert Ecker, M.D., F.A.A.D.

Dr. Robert Ecker joined our practice in November 2008 and is enjoying the new patients he meets every day at Advanced Dermatology. Although he treats a vast array of skin conditions, there are two that are the most common among his patients: **eczema and acne**.

Eczema has many different forms and each type requires a different understanding. "Our understanding of eczema has increased tremendously over the past ten years," says Dr. Ecker. "Education is our most important tool. That is why dermatology is a specialty in the medical field. Your family doctor may have some insight but a dermatologist will be current with all of the medical literature and has the daily experience of treating only skin conditions."

Dr. Ecker has also formulated a wide range of individualized treatments for the dreaded problem of **teenage and adult acne**. "Treating acne in adults is very different than treating acne in teenagers," stresses Dr. Ecker. There are different forms of acne. While some types will benefit from anti-inflammatory treatments, other cases will require laser treatments. Skin color is also a factor in determining which treatment or combination of treatments will provide the best results. Advanced Dermatology offers patients a full line of **physician grade topical acne products** to use daily at home. As Dr. Ecker points out, "there is a huge difference between the effectiveness of physician-grade products and over-the-counter (OTC) products." See our website for more information and a full profile on Dr. Ecker. Dr. Ecker is currently seeing patients in our Commack, West Islip and East Setauket offices. To schedule an appointment, please call us.

NEWS FROM COMMACK

Our Commack office has moved! Now located at 164 Commack Road, we're just steps away from our previous location. Stop by and see our beautiful new facilities - we've more than doubled our space! We have more staff, expanded office hours, better accessibility and an overall more comfortable experience for our patients. We're sure you'll like it as much as we do.

NEWS FROM STONY BROOK

WE'VE MOVED from our Stony Brook location to 4 Technology Drive in East Setauket. For directions, visit www.AdvancedD.com

Next month . . . We'll introduce you to our physician-grade line of skin care products, with powerful ingredients and special formulations that aren't available in over-the-counter skin care products. You'll wish you'd known about our products sooner.

SECTION SEVEN: PATIENT EDUCATION

See our educational website for patients and physicians. "The best on the web" with over 4,000 links to top educational articles: www.newageskin.org

