

Aging Should Bring Wisdom, Not Wrinkles

Part II: Using Lasers and Lights

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Aging and maturity bring many advantages, such as gaining experience and knowledge. However, as wisdom comes we get old. In reality the outcome is in your hands. You can be like fine wine and get better with time or just be a vinegary one and lose your flavor, it's your choice.

A few weeks ago, I saw a friend that I had not seen for about two years. He looked better than two years ago and I thought, "He must be doing something right". That's it! Life is all about choices, and thanks to all the new technologies and knowledge, nowadays looking good as you age is easy but is also your choice.

Last month I discussed Botox® and Dermal Fillers as non-invasive alternatives to treat active and fixed wrinkles. In this issue I will review lasers and lights to treat sun damage accumulated through many years of sun exposure, smoking, poor diet and just the normal process of aging that produces laxity, sagginess, fine wrinkles, hyperpigmentation, redness and broken vessels.



Dr. Porras and her assistant Kristy doing a Titan treatment.

down time. The treatments are done and the patient can go back to work right away. There are many lasers out there, and I have had the chance to test them all and acquire for my practice only the very best.

Sun damage is one of the main concerns people have when they come to my office. And it's natural that after many years of sun exposure and, in some cases, liberal use of tanning beds people should be concerned about it. I am in my forties and people from my generation used to bake under the sun for hours, I did it in my teens when I did not know better. There is concern about pre-malignant and malignant lesions, sun spots laxity and wrinkles.

Laxity can be effectively treated with TITAN, a form of infrared light that penetrates the skin heating the deep dermis, contracting the collagen and elastic fibers, and stimulating the cells that produce collagen to produce more collagen, thereby restoring the youthful appearance of the skin and pulling it up. This is done in series of at least three treatments done once a month. The treatment for face and neck takes around 60 to 90 minutes. There is no down time and the treatments are associated only with mild heat sensation that is very tolerable. TITAN is really the best non-surgical alternative to replace a facelift, with very natural results. A facelift is very costly and it is usually associated with two to four weeks of down time and carries the typical risks of surgery. TITAN is ideal to treat double chin, droopy cheeks and droopy eyelids. However, TITAN should not be used in all cases. When sagginess and excess skin are too exuberant a facelift will give better results and I don't hesitate to refer the patient to a qualified

plastic surgeon. A few years ago there was something called Thermage and some practices still have this device, but the results obtained with Thermage are not as good as with TITAN and rippling of the skin, burns and scars have been reported as side effects of the treatments.

Redness, telangectasias (blood vessels) fine lines and hyperpigmentation are other major concerns that can also be address with another laser modality called GENESIS. This uses a different wave length penetrating the superficial and mid dermis to reduce the appearance of blood vessels, spots, and fine wrinkles. We also use

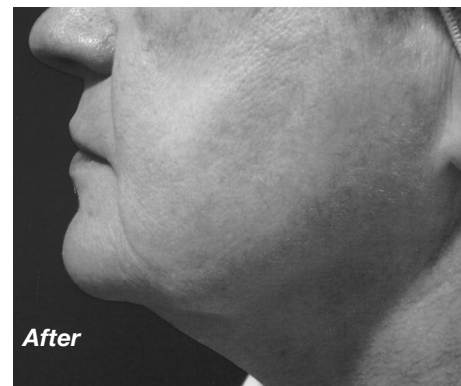
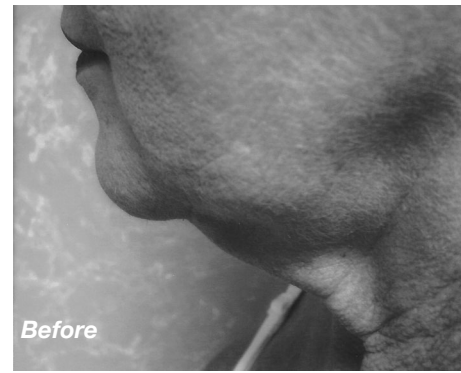
GENESIS to treat acne scars. GENESIS also generates new collagen. GENESIS treatments are very relaxing, not associated with any discomfort, and they have no down time. The treatments can be done every other week and are done in series of three to eight depending on the severity of the problem to be treated.

When the major concern is sun spots and hyperpigmentation there is an ideal treatment called Intense Pulsed Light (IPL). This also uses a different wave length targeting only the epidermis which is the most upper layer of the skin, eliminating brown spots and sun damage. IPL is not associated with any discomfort. The face, neck and chest can be treated as well as arms and hands with sun damage and spots. There is no down time but a series of at least three treatments are required done every three to four weeks.

The latest treatment we are doing to cover all the skin layers, is a combination of TITAN®, GENESIS and IPL done the same day. This will treat laxity, spots, wrinkles, redness and open pores. Usually the treatments takes two hours, and are done once a month in series of at least three. This treatment is called 3D Rejuvenation.

Premalignant Lesions

When the sun damage is severe and there are also precancerous lesions known as actinic keratosis, a more sophisticated and deeper approach is required, PHOTODYNAMIC THERAPY (PDT) WITH LEVULAN®. This has been approved in the USA for only a few years, and it is a very impressive approach to treating severe sun damage with premalignant lesions. LEVULAN® is applied to the area to be treated in the doctor's office, incubated



3D Rejuvenation Treatment

during one hour and then activated with IPL. Levulan® targets the premalignant cells only. The face becomes red and sometime swollen for about one to three days, the premalignant lesions flake and fall off. A series of at least three treatments done once a month is recommended depending of the severity of sun damage to be treated. Sun avoidance is recommended for three to five days after treatment. In my office this approach is used to treat premalignant lesions and sun damage of scalp, face, neck and hands. The few days of down time are worth it, since the results are rewarding.

Last but not least, I use ablative lasers that have some down time but that offer very impressive results. MICROLASER PEEL done with an erbium laser is a more invasive but highly effective approach to treat wrinkles, sun damage, spots, scars and even premalignant lesions. MICROLASER PEEL can be done in different depths depending on the severity of the case treated. I calculate the depth of the treatment depending on the skin type and the severity of the problem to be treated. The precision of the laser delivers a treatment tailored exactly for the specific patient. The deeper the treatment the longer the down time. It ranges from two to eight days depending on

the depth. This treatment is done under mild sedation and topical anesthesia. A series of two to four treatments are recommended depending on the severity of the problem. Results are impressive.

Whether you feel like dank or vinegary wine is completely in your hands. You don't need to lose your flavor and go bad in the bottle. If you want to acquire a good balance and look good for your age, there are many non-surgical alternatives. Remember, how you store the wine will affect how long and how well it lasts, and how you take care of yourself will determine how you feel and look. Remember you want a NATURAL LOOK. There has never been a better time to drink fine wine and a better time to look good. Enjoy a good glass of your favorite wine this holiday season and take advantage of all the new technologies to look your best. Happy Holidays!

Skin Diagnostics Laser and Rejuvenation offers the latest laser technology to help you age gracefully. Call us for an appointment at 513 631 0059 or visit our website at www.cincinnatiaskinlaser.com.



MicroLaserPeel™

Sun Damage

During the last decade there has been an explosion in the development of new and highly sophisticated, non-ablative lasers. The advantage of this technology is that there is no