

Is younger-looking skin on your new year to-do list?

BY CAROL MONTANA
For Inside Health

As we age, lots of things change, including our skin. It loses elasticity, develops dark spots and scaly patches. It sags, making us look and feel old.

With a new year on the horizon, who wants to look old?

But there's good news: Several kinds of nonsurgical procedures can give you healthier, younger-looking skin. They don't cost a fortune, and there's little or no downtime.

Popular noninvasive treatments

Dr. Ran Y. Rubinstein of Laser & Cosmetic Surgery Specialists in Newburgh is a dual board-certified facial plastic surgeon, who has practiced in the Hudson Valley and Man-

hattan for more than 11 years.



Rubinstein

Rubinstein explains that "Laser therapies such as photo facials, intense pulsed light (IPL) treatments and fractionated laser resurfacing are very popular skin smoothing treatments, giving the skin increased glow, reducing fine lines, shrinking pore size, and erasing age spots and broken capillaries."

All these treatments are quick, Rubinstein says, and require no downtime. "And they won't break the bank, especially in these tough economic times. ... People don't have the resources for more expensive surgical procedures ... or simply want to be more competitive in the job market."

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Another procedure called LiquidLift or VolumaLift is a process that restores facial volume rather than just tightening the skin, giving, says Rubinstein, a more balanced and natural result.

“Lost facial volume can be replaced with fat injections, where fat is suctioned out of one part of the body and reinjected into facial areas requiring volume. It has an uplifting and smoothing-out effect,” says Rubinstein.

Long-term results are becoming the norm. Rubinstein explains that in July, Sculptra – a potent collagen stimulator – received FDA approval for long-term replacement of lost facial volume. When it’s injected every eight weeks, for an average of three treatments, many patients will benefit from results that last far beyond the two-year mark for which the treatment is noted.

Which specific procedure you’re a candidate for is, of course, between you and your doctor. But Rubinstein shares some general guidelines. “Some patients’ goals can’t be accomplished with a minimally invasive procedure. For example, with Thermage, a nonsurgical

BEFORE

AFTER



Photos of patient before and after Radiesse and Restylane treatments provided by Dr. Ran Y. Rubinstein

skin tightening device, I will be able to provide significant and noticeable results to someone in their 40s and early 50s. On the other hand, patients in their 60s and 70s who are looking for facelift-like results I try to steer more towards a surgical lift, as they are not ideal candidates for noninvasive procedures.”

For some patients who have less sun damage and don’t need invasive skin resurfacing, Rubinstein uses “Fraxel Re:store treatments

See SKIN next page

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Continued from preceding page

to erase fine-to-medium wrinkles and age spots, and shrink pores. In older patients, the wrinkles are deeper, with poor skin tone and require a more aggressive laser treatment. The gold standard for aggressive skin resurfacing is the carbon dioxide laser. Fraxel Re:pair, a newer type of carbon dioxide laser, can accomplish similar results.”

Starting costs for some of the procedures mentioned range from \$350 for the laser (photo) facial to \$3,000 for the Fraxel Re:pair. Downtime ranges from minimal-to-none for the Sculptra collagen stimulator to 3-7 days for the Fraxel Re:pair laser. And results last from four months for the Botox injections to 2-5 years for the Sculptra.

What’s new on the horizon?

Dr. Steven J. Fishman of Catskill Dermatology is a board-certified dermatologist who has been in practice for 16 years with offices in Monticello and Goshen. And he’s one practitioner who “likes subtle changes

that help make someone look a tad more attractive and refreshed.”

Besides the obvious caveats to quit smoking and use sunblock, Fishman says that a new procedure, Blue Light Therapy, also known as photodynamic therapy, “destroys sun-damaged skin or precancerous cells, sparing the good cells and leaving skin looking polished.” Of special note is the fact that this procedure is often covered by most insurance companies and is very popular in the treatment of acne.

Fishman also uses Intense Pulse (or Pulsed) Light Treatment for diminishing fine blood vessels on the face. The procedure is commonly used for hair removal and pigmented lesions.

Both procedures are done in Fishman’s office with little or no downtime.

And while we’re talking about looking younger, Fishman says he is excited about a new product called Latisse, which is “the only product on the market that is FDA-approved for making eyelashes grow longer and thicker.”

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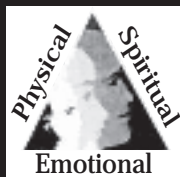
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