

KDA Skin Care Club

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Happy New Year!

This is the December issue of the KDA newsletter, except it is going out in January. Every now and then someone asks me how I manage to do it all...see patients full-time, take care of two kids and a husband, manage the practice, etc.

Well, the answer is sometimes I *don't* manage to do it all, and sometimes I let things (like the newsletter) slide a bit so that I can have a fun family Christmas vacation.

The year 2007 was a fantastic year for us. We, at Klein Dermatology,



feel very fortunate to have the wonderful patients that we do have; you are like another family to us.

I'm looking forward to 2008, and I hope you are, too.

Inside, I have information about the new Palomar StarLux 500 laser system we recently acquired. I also have some news about hand rejuvenation with Radiesse, and tips on Vitamin D and the use of the Exuviance make up.

Hope you had a happy holiday season, I sure did!

Wishing you a healthy year,

Marla M. Klein M.D.

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New Laser! The StarLux 500

After shopping for several years for something that will really be effective for my patients, I believe I have found it: the StarLux 500!

Often I have recommended chemical peels to patients to help them remove their brown age spots and wrinkles around the mouth and eyes, but not enough patients actually go through with it. I know the reason is the 7-day down-time after a TCA peel.

With this new laser system, the down-time after the treatments is minimized to just a day or two. For those of you with busy schedules, and active social calendars, this may be the way to go.

To learn about the system in depth, you may visit the laser company's web site:

www.palomarmedical.com.

In the column to the right, I've listed out some of its uses. We are starting with the LuxG, LuxV, and 1540 handpieces, and will be getting the 2940 (deep fractionated resurfacing) handpiece likely in the Spring.



The LuxG and LuxV are both IPL (intense pulsed light) systems, used to reduce redness and brown discoloration on the face and body. The procedure has minimal discomfort.

The 1540 is a fractional non-ablating skin resurfacing laser. It has much less down-time and risk than the older generation lasers. Call to schedule a consultation appointment at **503.445.2200**.



StarLux 500 treats:

Faces

- Red and Blue Vessels
- Flushing
- Melasma
- Age brown spots
- Fine wrinkles
- Rosacea
- Acne Scars

Neck, Chest, Back, Arms, Hands and Legs:

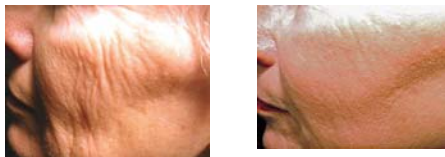
- Fine wrinkles
- Discolorations from sun-damage
- Brown spots

No muss or fuss, and very little downtime!

Pictures provided courtesy of Palomar Technology Inc.



Before and After, using IPL with the LUX G; patient had 3 treatments.



Before and After, using StarLux 500's 1540 handpiece.

Exuviance Makeup Tips



The make-up I swear by is Exuviance foundation. I've tried the mineral make-ups, but I know I get better coverage that lasts all day with the Exuviance, so that is why I prefer it. I have relied on it for years. It has AHA and SPF also.

There are some tips that you know to use it properly:

1. Apply a primer like Cellex C Hydration complex to the skin first and let dry.
2. **Shake and stir** before using the Exuviance the first time very well, then periodically thereafter.
3. Apply with finger tips then sponge even.
4. If oily-prone, cover with light fine powder.

Ande, our product specialist, can assist with color matching. It is available at the front desk.

Vitamin D—the Sunshine Vitamin



It may be your dermatologist's fault you are Vitamin D deficient, because we warn you constantly to stay out of the sun and to use sunscreen.

Recent research is suggesting that there may be a link between Vitamin D deficiency and all sorts of problems: depression, arthritis,

multiple sclerosis, autoimmune disorders and possibly some cancers; besides the well known osteoporosis/rickets problem.

The dieticians and physicians writing on the subject all seem to concur that the old RDA of 400 I.U. for Vitamin D which was

determined during war time is completely inadequate. Most of the experts are taking between 1,000—2,000 I.U. of Vitamin D per day. This level is difficult to achieve by diet alone, and I still want you to use that SPF.

I now take a 1,000 I.U. Vitamin D supplement in addition to my multivitamin, and my 250 mg Magnesium every night.

Update on Newsletters



After receiving many replies to my last newsletter request; the decision is in. I will continue doing the newsletter by paper and regular mail, quarterly, because many of you have pointed out that you are more likely to read it that way.

I sincerely appreciate those of you who made sure we have your email address. When I learn how to use constant contact for email marketing, I plan to forward occasional special offers via email to those of you who took the time to ensure we had your email address. Thanks again for your help and cooperation.



SoRa Charms

Here's an idea that has nothing to do with dermatology, but I just like: a pretty sterling silver medallion necklace for a new mom (or dad) to wear that is stylish and will entertain the baby too. It has a rattle built in and is safe to put in mouth.

Visit the web site at:

www.soracharms.com

(The co-owner, DeDe Soto, is one of my best friends from college, so this is a plug for her benefit.)



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Hand Rejuvenation! with Radiesse™



I bet you didn't know we could do this! Jewelry will look so much nicer on hands that don't look so aged.

Hands can quickly and painlessly be made to appear years younger with Radiesse. This is a new application for a filler we already loved. The result is immediately apparent after the procedure, and is reported to last at least one and a half years, perhaps longer.

Call us at **503.445.2200** about the newsletter **HAND SPECIAL** that we are offering. The fee for this procedure elsewhere (Washington, California, etc) is \$1,500. Our normal fee is \$1,000.

The special is \$200 off, and it includes a coupon for 50% off a StarLux 500 IPL treatment for easy brown spot removal, if needed. Limited time offer only. The appointment must be scheduled before March 15, 2008. Dr. Klein, Michelle and Marcia are all trained to do this procedure.



Nurse Sue's hands,
Before and 1 wk later