

KDA Skin Care Club

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Aloha! from Maui

Being a dermatologist right now is truly a blessing, in many ways. I just took my husband and my two sons to the Annual Hawaii Dermatology Seminar in Maui, and we all had a splendid time! It was part work and lots of play!

Inspired by the lush tropical beauty of the island, and from the lectures that I attended, I have plenty of news for my next few newsletters.

It seems that the airport time is my best opportunity to work on these little publications.

Your feedback has been encouraging, **mahalo** (thank you) for your kind words and personal stories; they mean a great deal to me.

In Maui in Wailea, we had nice sunny weather all week, until the very last day, when it rained. We went snorkeling, whale watching, and to the pool frequently to play on the awesome Grand Wailea



slides! We also had a family portrait done, and did a little shopping. I

picked up some music CD's to play in the office of Hawaiian music too, so listen for them on your next trip in. I love Hawaii!

Another **mahalo** to the many of you who pass these newsletters to friends, refer patients, and keep the practice strong.

Marla M. Klein MD



I used my Skin Ceuticals UV Sport Defense SPF 45 on my face every day, and I am happy to report I didn't get sunburned (or much tan) the whole week!



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TRAINING REQUIRED TO BE A DERMATOLOGIST:

- 4 years of college, for a Bachelor's Degree in Science/Pre-med
- 4 years of Medical School, for the medical degree, M.D.
- 1 year Internship, one year of Internal Medicine or General Surgery
- 3 years in a Dermatology Residency, accredited by the American Board of Medical Specialties
- 2 full days of extensive examinations through the American Board of Dermatology

Dermatologists are the only doctors who are specialists in the diagnosis and treatment of the skin.

Note: The specialty of "Aesthetic Medicine" does not officially exist and hence has no specific core of training, credentialing or regulation. Beware of doctors offering skin care services who aren't dermatologists.

Economical Beauty Tip

Whenever a patient or friend asks me what I use for my **eye makeup remover**, I always respond "BABY OIL".



I've used it for years, and I have never understood why anyone would pay

top dollar for expensive name brand products, when a soft tissue and baby oil works so well.

Mineral oil (baby oil) is safe, cheap, and easy to find. Small

bottles are perfect for travel, and larger bottles are good for "buying in bulk" to stock up.

Contact lens' wearers should just remove their lens' first. Then remove eye makeup, followed by facial cleanser for the whole face. You don't really need a toner either. Save money where you can, those procedures on the next page aren't cheap.

Baby oil also comes in handy for quickly removing those **fake tattoos** when vacation is over.

Procedure Preparation

When getting ready to have any procedure performed, it is very wise to **avoid all blood thinners for at least one week before**. In addition, you should think about using arnica or bromelaine to expedite the healing of bruises or swelling, in addition to the ice applications.

There is a much higher chance of bruising from lasers, injections, or even possibly microdermabrasion, if a person drinks alcohol or is taking aspirin, (Excedrin), NSAIDS

(Ibuprofen, Motrin, Aleve, etc), coumadin, Plavix or some



supplements like VIT E, ginger, garlic, and multivitamins.

Tylenol is OK; it does not thin the blood.

Arnica and bromelaine are both available without a prescription, and have been helpful in minimizing swelling and bruises. Bromelaine is pineapple extract!



Arnica is available as a pill or topical. We offer it for sale at our front desk, but you can also find it at some grocery stores. Start 2-3 days ahead for best results.

WEB SITES TO VISIT

www.kda-aesthetics.com

to learn more about the many cosmetic services and skin care products available at our office, Klein Dermatology & Associates, **especially the current monthly specials**

www.aad.org

general information on the specialty of dermatology, from the American Academy of Dermatology, of which Dr. Diane Baker is *now* the first female President of!

www.juvederm-radiesse.com

to get more explanations on these new FDA approved fillers

www.pathwaytobeauty.com

Lumiere information, it is a red LED light facial treatment, there is no UVA or UVB, no tanning

www.cosmeticsculpting.com

to learn more about the stimulator Sculptra™

or call us at

503-445-2200

8:30 am —4:30 pm

closed for lunch 12:30 —1:30

Combination Injection Therapy... it is the Modern Way to Go

There are so many new options available now for facial rejuvenation! In the recent past, the only game in town was collagen and botox, now patients have many more choices and solutions.

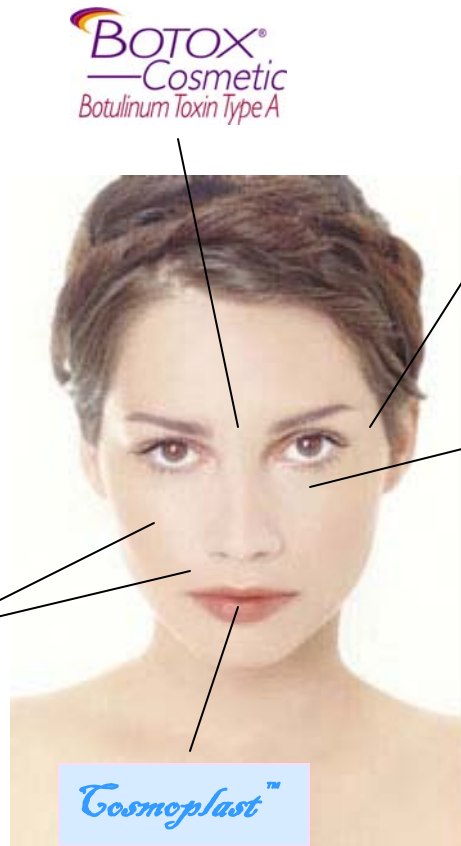
The products vary in their composition, duration, and uses that they are best suited for. They also have different potentials for pain and causing problems, especially when done by novice injectors.



Radiesse™ is calcium hydroxy apatite, a biocompatible substance synthetically made. It was FDA approved for cosmetic use in December 2006.

Formerly called Radiance, it is a soft white material that provides immediate structural support to areas like cheeks and the smile folds. It lasts one year, and is a reliable replacement filler.

BOTOX® targets muscles that cause wrinkles, and is best suited to the frown, eye and forehead area. Often, using BOTOX® first to some areas will help preserve a filler, making it last longer.



Cosmoplast™ is one of the various collagen products available. It is human-based (from a single cadaver years ago, and since proliferated) and does not require a test site, the way bovine Zyplast™ does. Cosmoplast is still my favorite product for lip enhancement because of its natural appearance. In my opinion, it has the least amount of pain and “down-time” after lip injections. It’s downside is that it lasts only a short-time, 3 months in lips usually. A porcine (pig-based) collagen that lasts 3 times as long is on the horizon.

BOTOX®
—Cosmetic
Botulinum Toxin Type A

Sculptra™
poly-L-lactic acid

Juvéderm™
INJECTABLE GEL

Cosmoplast™



Juvederm™ is hyaluronic acid, like Restylane®, only much smoother and nicer to work with. It is made by Allergan, the same company that makes Botox®, and Juvederm reportedly lasts twice as long as Restylane. It was recently FDA approved. I love this product for patients brand new to being injected or for adding instant volume to hollows under the eyes.

Sculptra™ is poly-L-lactic acid, a sugar, and is injected into the skin, to stimulate new collagen growth. Its useful for “global volumization” similar to the approach we take with fat injections.

Formulating a plan, combining the best options available, is one of the things Dr. Klein does very well. Please come in for a consultation appointment to learn more. Call us at **503.445.2200** to schedule an appointment.



9495 SW Locust Street, Suite A
Portland, OR 97223

Phone: 503-445-2200
Fax: 503-445-2201
E-mail: receptionists@kda-derm.com

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5



Lumiere™ Special Savings



This KDA SKIN CARE CLUB newsletter entitles you the opportunity to purchase Lumiere treatments at a non-web-site-posted special discounted price of only **\$20 per session**, but for only a limited time.

Lumiere is a red light emitting diode (LED) photo facial treatment, that is actually pleasant, and shown by research to help repair skin damage.

Normally, LUMIERE packages include home skin care products. This special, however, does not include any skin care products. **In addition, it will be limited to first 30 patients who sign up.**

You may purchase your choice of 5, 10, 15, 20, 25 or 30 treatments at the \$20/session as a special offer, but this offer ends April 21, 2007.

Get that ALOHA feeling soon, through your Lumiere photo facial! Call us at **503-445.2200**.

