

THE SKINNY



SUMMER 2009

**WELCOME
TO SUMMER**



WHAT'S NEW

AT SUZANNE BRUCE AND ASSOCIATES

Summer's here, and the time is right for dancing in the streets! Maybe that might be pushing it here in Houston, but at Suzanne Bruce and

Associates (SBA), we feel like dancing to celebrate the arrival of our two new practitioners – Kristel Polder, MD, and Christina Ahrens, ARNP. With the arrival of Dr. Polder and Christina this month, we are once again able to expand the medical and cosmetic sides of our practice, translating into quicker, more convenient appointment times for you. Both Kristel and Christina are excellent clinicians, and they will be participating in our clinical research efforts as sub-investigators as well. Both will be on the major insurance plans we take and Medicare. To learn more about these talented professionals, see their interviews on pages four and five.

While we're on the subject of new people, we are pleased to announce that Kim Tran joined us in June as our new medical photographer. Kim is a freshly-minted graduate of the Rochester Institute of Technology, where she received her Bachelor of Science in biomedical photographic communications. She will be handling all our cosmetic, medical and research photography work. Kim is an Iowa native, but she came to Texas just as fast as she could! We also welcome new medical assistants, Misty Burnett and Karla Wilson, and cosmetic front office receptionist, Amettrees Hall. These new staffers have now joined our established team members to provide you with the exceptional service that you've come to expect from SBA.

Since our last issue, there are a number of new developments in dermatology. First, we are about to receive our first shipment of the recently FDA-approved Dysport™, the new (to the U.S.) neuromuscular blocking agent that relaxes facial muscles on the forehead, reducing and smoothing away frown-lines and wrinkles. We have also begun offering a new combination treatment of Fraxel re:store and Thermage to tighten lax skin and improve the appearance of wrinkles, brown (sun) spots and tex-

ture on the face, neck, chest and hands. See page seven for more on what we call ThermoFrax. We also recently introduced the new-U and clear-U home LED light therapy treatment devices. New-U is for skin rejuvenation, helping stimulate and build collagen, while the clear-U is designed to fight acne and improve the appearance of your son's, daughter's or even your own skin. You'll find more on these and other new skin-care products in *Short Takes on Skin Care* on page six.

Are you just starting to see the wrinkles and other signs of early-stage skin aging? Laser Genesis is an effective, affordable skin-rejuvenating treatment addressing enlarged pores, fine lines and light wrinkles. It is particularly good and safe for patients with darker complexions. Our nurses perform this service, and Marcela Ramirez, RN, shares her insights on Laser Genesis and discusses who in particular will benefit from a series of these treatments.

I'm often asked what can be done for aging hands. We recently hosted a Power Lunch on *Turning Back the Hands of Time*. On page three, I'll share with you some of the options you have when treating your hands so they can regain their volume, their texture and their youthful look. Speaking of Power Lunches, these noon time, one-hour seminars have proven very popular this year. Besides hand remedies, we've hosted discussions on Evolence dermal filler, Fraxel, Thermage and VelaShape. We've got more coming up – one in August on permanent hair reduction and sclerotherapy, and another in September on transforming your skin with Obagi. Also, in the next few days, our SPA at SBA will be holding a Beauty Boot Camp offering advice on SkinMedica skin-care regimens and performing the Illuminize Peel at a special price with a SkinMedica product purchase. For more on all these special events, see *Upcoming Events* on page eight.

I hope you find this issue informative, and come see us soon. All of us thank you for your continued support and patronage of Suzanne Bruce and Associates. Enjoy your summer.

HOW ARE WE DOING?

WE VALUE YOUR OPINION

At SBA, dazzling customer service is our goal. To reach that goal, we make it a top priority to get feedback from our patients regularly. We truly value our patients' opinions of their visit and their experience at SBA. We take that input and make changes in our processes, as needed. Past feedback has strengthened our practice, and future survey results will further improve our service to you.

Starting July 1, 2009, we will be implementing a new sur-

vey process called *Survey Monkey*. *Survey Monkey* gives patients the opportunity to provide us feedback about their visit electronically. Shortly after your appointment, you will receive a letter via email inviting your feedback after your visit to SBA. All you have to do is log on, follow the simple instructions, and complete the short survey. Your answers will be anonymous.

Thanks in advance for taking the time to complete the survey and helping us make SBA even better at meeting your needs.

AGING HANDS

TURN BACK THE CLOCK

During our initial cosmetic consults, we spend most of our time focusing on facial rejuvenation. In follow-up consults where we review the results of those facial procedures, the discussion often turns to "what can I do about my neck?" and "my face looks great, but now let's talk about these hands." In a previous *Skinny* article called *Feel Good About Your Neck* (www.sba-skin-care.com/skinny_art77.asp), we covered the options for rejuvenating your neck. Now let's talk about rejuvenating the backs of your hands.

The telltale signs of hand aging are thin skin, wrinkles, brown spots, prominent veins and boney appearance. Like most skin damage, a lifetime of sun exposure is the main culprit for these conditions. And our hands get lots of daily sun exposure, including through the windshield of our cars when we're driving with our hands on the wheel. That exposure causes brown spots and loss of collagen, leading to wrinkles and more easily visible veins on the backs of our hands.

So how can you rejuvenate your hands and reverse sun damage? There are three courses of action. First, and at a bare minimum, you have to stop further damage by wearing a good UVA and UVB blocking sunscreen. Sunscreens with micronized zinc oxide or titanium dioxide are best. We offer some wonderful, elegant sunscreens here at SBA from Obagi, SkinMedica and others. There are also good over-the-counter alternatives. Just make sure that you check the ingredients to assure yourself that it's a full-spectrum sunscreen with an effective UVA blocker. Remember SPF only measures UVB protection, so that rating is not good enough.

The second thing you can do for your hands is to follow an effective home skin-care regimen. At our Cosmetic Center and at The SPA, our patient care coordinators and our aestheticians can work with you to develop a personalized hand skin-care regimen. There is no charge for this service. You just have to set up your consultation in advance by making an appointment with one of these knowledgeable women.

For those wanting to take a more aggressive, speedier route, we can discuss medical procedure options during your consultation. For brown spots, we can use either intense pulsed light (IPL) or Fraxel fractional laser resurfacing, or we can freeze them with liquid nitrogen. IPL will help reduce brown spots and any redness and improve skin texture. A series of two to three IPL treatments is usually required, but each takes only about 15 minutes. You come in about an hour ahead to have a topical numbing cream applied to make the procedure comfortable and to get photos taken (initial and final visit only). There is no downtime post procedure, so you can resume your normal activities.

With Fraxel, we can use either our re:store or re:pair procedure. Both Fraxel procedures fractionate the laser's light and create a myriad of microscopic treatment zones, leaving skin around each zone untouched to speed healing and reduce downtime. They also stimulate new collagen growth in the areas treated by the laser. Fraxel re:pair is an ablative procedure, meaning the microscopic treatment zones are actually vaporized, which has the extra benefit of causing the skin to tighten around those zones. Fraxel re:store usually requires a series of four treatments, each taking about 20 minutes; re:pair is usually a one-time-only, 20-minute procedure. Again, you come in about an hour in advance of your treatments for numbing and photos. Re:store treatments are spaced about three to six weeks apart. Because re:pair is ablative, there is more post-treatment care and potentially a little more downtime.

Our final medical procedure for plumping up the hands is to do just that with dermal fillers. These fillers are injected into the skin where needed to restore volume and smooth out the skin. We have many filler options, including hyaluronic acid fillers (Juvéderm®, Restylane®), calcium-based (Radiesse®), and porcine collagen (Evolence®). Our favorite filler for the hands is Radiesse. It gives an immediate effect and stimulates the body to produce new collagen over time. The results last up to a year or more for many patients. Radiesse gives a soft, natural look that feels like the patient's own tissue. There is little to no downtime following treatment, and we see few side effects. The most common are injection-related, such as mild irritation, edema, swelling, itching, bruising or tenderness at injection sites. The procedure is simple, safe and minimally invasive. Treatment typically takes place with an anesthetic cream applied for about 30 minutes. It usually takes one syringe (1.5cc) per hand. The treated area is molded by the physician after injection. Patients are advised to not mold the filler post-procedure and to refrain from rigorous activity involving the hands for several days.

So that's the skinny on turning back time for your hands. After you've rejuvenated your face and neck, don't let your hands give your age away. Simply schedule a consultation with me, Dr. Polder or April Harrison, and we'll discuss and arrange a treatment plan that's right for you.

Call to schedule at 713.850.0240.

Suzanne Bruce, MD





INTRODUCING

KRISTEL POLDER, MD

Suzanne and I had just gotten to our seats on a Continental flight back to Houston after a spring weekend in Boston and Keene, NH. Seated in our row was this nice young woman. She was a dermatologist completing her residency at UT in Houston, and she and Suzanne talked shop all the way home. We made her an offer in August, which she accepted. Since January, Dr. Polder has seen cosmetic patients in our practice. She has trained and been certified on our laser and other equipment as well as on all injectable (e.g., BOTOX® Cosmetic and dermal) fillers. She is smart, energetic, and loves all aspects of dermatology. She will shorten the time it takes our medical patients to get an appointment. She'll be a welcome addition to our cosmetic and research divisions. She is currently on Medicare and Unicare with more plans to follow. She is working part-time now and will become full-time in early August. Dr. Polder's enthusiasm and commitment to first-class patient care come through in her interview below. You can schedule an appointment with her by calling 713.850.0240.

Malcolm Waddell

Q. *Dr. Polder, welcome to Suzanne Bruce and Associates. Your education and your medical experience are an excellent fit for the dermatology practice here at SBA. Please tell us a little about yourself and your background.*

A. Thank you. A native Texan, I grew up in Wichita Falls. After graduating with honors from Texas A&M University, earning a major in Biomedical Science and a minor in English in December 2000, I began my studies towards my M.D. at The University of Texas Medical School in Houston. I graduated in the spring of 2005.

After medical school, I completed a one-year internship in Internal Medicine in Boston at Beth Israel Deaconess Medical Center, a teaching hospital of Harvard Medical School. I chose Internal Medicine because it is an excellent base from which to enter dermatology.

I returned to UT Houston for my three-year residency in dermatology where I rotated between Lyndon B. Johnson General Hospital, Memorial Hermann Hospital and the University of Texas MD Anderson Cancer Center. Training at these three hospitals was a well-rounded experience as I was able to see patients in a variety of situations, some private patients, some who were in the county hospital as well as cancer patients at MD Anderson.

In my most recent rotation, I served as the consulting resident at MD Anderson. I consider myself fortunate to have studied and trained in the Texas Medical Center, particularly at the number-one cancer facility in the world. I have enjoyed a one-of-a-kind education and experience.

I have been working with Dr. Suzanne Bruce and the staff here since January and, after I am board certified in dermatology in August, I will join the practice as a full-time staff physician.

On the personal side, I am married to a physician who is completing his residency in Anesthesiology at Baylor College of Medicine. We were married in 2008 – a few days after Hurricane Ike hit the city. The church had no electricity, which made the event even more memorable. Storms seem to hallmark major events in my life, as I was born during the famous 1979 tornado in my hometown of Wichita Falls, Texas.

Q. *Was there a storm that brought you and Dr. Bruce together?*

A. No, actually, it was an airplane! During my residency, on a trip traveling from Boston to Houston, I was seated on the airplane next to Dr. Bruce and her husband Malcolm Waddell, who were traveling home from a reunion at Harvard. Dr. Bruce's carry-on had the name of a dermatology conference printed on it, and when I saw it, I asked if she was a dermatologist.

That started a conversation that continued the entire flight and ultimately ended in my joining her practice. In another small-world coincidence, the physician who served as my mentor in residency was also Dr. Bruce's mentor in medical school.

Even before meeting on the airplane, I was familiar with Dr. Bruce and the excellent reputation of her practice. I remember years ago, when I was a medical student here in Houston, thinking that someday I would like to join a practice as solid as hers.

Q. *When you began the interview process with Dr. Bruce, why did you believe that this was the right place for you?*

A. When I was completing my residency, we sought out each other, and Dr. Bruce invited me to come and spend a day shadowing her and her Physician Assistant, April Harrison. This was an excellent insight into the practice, and I was able to learn first-hand about the environment and philosophies here.

When I walked in the door, the offices were exactly as I had envisioned: calm and welcoming, yet professional. The overall ebb and flow was ideal. Patients were welcomed by everyone, and the staff was well-educated and courteous. The patient was the first concern of every person on the staff.

Q. *Now that you have been seeing patients on a part-time basis, does your first impression still ring true?*

A. My first impression has been validated many times over. This practice is patient-oriented, friendly. The other dermatologists are supportive, and the staff is number one.

Plus, Dr. Bruce is an incredible teacher. While dermatology residency offers a thorough education on the medical side of dermatology, cosmetic procedures are not stressed. It has been such an education to have her at my side during cosmetic procedures and during my training with various companies on all our equipment and injectables. Learning from the best – that's how I feel.

INTRODUCING

CHRISTINA AHRENS, ARNP



When I think of how fortunate we are to have Christina Ahrens, ARNP, join our practice, the phrases “just fell into our lap” and “a perfect fit” come immediately to mind. In early April, I received a call from a colleague, Dr. Allison Moon, a board-certified dermatologist from Jacksonville Beach, Florida, whom I have known for years. Her nurse practitioner was moving to Houston, and she highly recommended her to me. I came away from my interview with Christina thinking that with her skills, knowledge of medical dermatology, and strong commitment to patient care, she really was just what the doctor ordered for us and for our patients. Christina started in July and is already on Medicare and Unicare and will soon be on most of our managed-care programs. She also sees patients on a fee-for-service basis. She books just four patients an hour, so she can give her patients the time and attention they need. To learn more about Christina, read her interview below. To book an appointment, call 713.796.9199. **Dr. Suzanne Bruce**

Q. *Christina, as a nurse practitioner (NP), you have completed graduate school as well as become nationally board certified. Please tell us about your education.*

A. Patients often ask ‘what is a nurse practitioner,’ so let me address that question first. In the medical field, an NP is a registered nurse (RN) who has completed advanced training, usually a master’s degree, in the diagnosis and management of common and complex medical conditions. After receiving an undergraduate degree in nursing, a registered nurse may enter into an NP program, which varies in length from one to two years. After NP training is completed, the candidate must take a specialty board exam to become certified.

In general, nurse practitioners provide a broad range of health-care services, including prescribing medications, treating illnesses and administering physical exams. A nurse practitioner can provide most of the same care as a physician and maintains close working relationships with physicians.

Q. *Where did you complete your education to become an NP?*

A. I obtained my undergraduate degree, a Bachelor of Science, from the University of North Florida in the spring of 2005. I then attended the University of Florida in Gainesville, where I completed the educational requirements and received a Master’s of Science in Nursing in the fall of 2006.

After graduating with honors from both programs, I received national board certification as a Family Nurse Practitioner. The Family Nurse Practitioner encompasses all specialties and all ages, but for the last semester for my master’s degree, I trained with a dermatologist, Dr. Alison Moon, in Jacksonville Beach. I then joined her and worked in her practice for over two years until I relocated to Houston in June.

Q. *What attracted you to dermatology?*

A. I enjoy that it is a visual field and appreciate the wide variety of conditions that are treated as well as the challenges that come with that. I also enjoy treating all age groups. It is a very rewarding field, one that allows you to really make a difference for each patient.

Q. *What brings you to Houston?*

A. I am recently engaged and my fiancé, a physician, will be completing a fellowship in plastic surgery at Methodist Hospital,

so we are both relocating here to Houston.

Q. *Your background sounds like an excellent fit for Suzanne Bruce and Associates. How did you discover this practice?*

A. My finding Dr. Suzanne Bruce and her practice here in Houston is a wonderful coincidence. Dr. Moon, the physician with whom I worked in Jacksonville Beach, actually trained in cosmetic dermatology procedures with Dr. Bruce, before she opened her own practice. And, Dr. Moon grew up in Houston and knew Dr. Bruce because they both attended the same church.

Dr. Moon spoke very highly of Dr. Bruce and when I gave notice that I was moving to Texas, she made the introduction and recommended me. I was very fortunate to make the connection.

Q. *What did you like about Suzanne Bruce and Associates?*

A. The very first thing I noticed – and appreciated – is that this practice puts the patient first. Everyone is focused on providing the best care for patients in all phases of the practice, including medical, cosmetic and research.

There is also an excellent camaraderie, a good collaboration among the doctors, the support staff, everyone. It’s a family-type practice, and I truly believe that the best medical care stems from this philosophy.

Q. *Will you be involved in all phases of medical care at Suzanne Bruce and Associates?*

A. Yes. Most of my experience thus far has been in the medical arena, but I am very interested in learning more about cosmetic dermatology procedures. I am also excited about the research aspect of the practice.

Dermatology is a constantly evolving field, and it’s extremely important to continue learning. Dr. Bruce stresses continuing education and learning in the practice. She and all the professionals at Suzanne Bruce and Associates are curious – always open to ideas that will offer the best choice, the best treatment for patients. I think this is going to be a very stimulating opportunity for me in all areas.

Q. *What about hobbies and interests outside of dermatology?*

A. Running and traveling are my two favorite activities. And, of course, planning the wedding. My fiancé and I will be getting married in two years, so we have time to plan everything.

SHORT TAKES

ON SKIN CARE

We have several new products in The SPA at SBA to use either in combination with your spa treatments or as additions to your daily skin-care routine.

Body Spa Cell.U.Lift Body Firming Crème – A perfect complement to your VelaShape™ or Body by Thermage™ cellulite treatments, this cream can be used in the morning and evening to reduce the appearance of cellulite. Designed for skin laxity, Cell.U.Lift gives your skin a firmer, smoother look and feel.

Body Spa Exfoliating Body Scrub – This dual-action exfoliating scrub combines 15 percent Glycolic Acid with walnut shell skin-refining beads to remove dry, flaky, dead skin cells and give your skin a smooth, radiant look. This exfoliator can be used daily on its own or as preparation for Cell.U.Lift Body Firming Crème or Body Bronzing Crème.

Body Spa Body Bronzing Crème – Tanning without the sun is the golden rule at SBA. So we've added this rich, moisturizing sunless tanning cream to help you look great this summer and year round. Applied like a lotion and blended in thoroughly, color builds slowly and evenly. Using the Exfoliating Body Scrub first will allow a smooth application. It can also be used before Cell.U.Lift Body Firming Crème.

Omnilux new-U™ – We've been using Omnilux™ LED light therapy in our Cosmetic Center and SPA to successfully treat

wrinkles and aging skin for two years now. The new-U allows you to use the same light-emitting-diode technology at home with a convenient hand-held unit. It stimulates collagen formation to improve the appearance of fine lines and wrinkles and improve skin tone and clarity.

Omnilux clear-U™ – Designed for the treatment of mild to moderate acne, the new hand-held clear-U is an at-home procedure that improves the appearance of acne-prone skin by destroying the bacteria causing inflammation, stimulating healthy tissue growth and decreasing pore size.

Revitalash® Eyelash Conditioner – With prescription-only Latisse™ from Allergan on the market, many of our customers are simply making appointments and getting a prescription for this FDA-approved eyelash growth treatment. We think Latisse is great, and we're happy to prescribe it. For those who want a little less expensive, but good eyelash conditioner, we carry Revitalash. With Revitalash, you can achieve the natural beauty of longer-, thicker-, fuller-looking eyelashes.

All of these products are on sale in July and August. We also offer discounts when you buy three or more skin-care products. This discount cannot be used in conjunction with any other discount. To order or for more information, call Maria, Amanda or Shea in The SPA at 713.850.0470, or send an email to pmartinez@sba-skincare.com.

SUMMER BOOT CAMP

AT THE SPA AT SBA

On July 24, rise and shine and get down to The SPA at SBA for our SkinMedica™ Summer Beauty Boot Camp starting at 0900 hours – that's 9 a.m. to 2 p.m. On this special day in The SPA, our aestheticians will offer our Illuminize Peel™, normally \$125, for just \$50 with the purchase of \$75 or more of SkinMedica products. Our SkinMedica rep, Michelle Cappi, will be on hand to discuss this rejuvenating skin-care line featuring Nouri-Cel MD®, a growth factor, and other ingredients designed to stimulate new collagen production.

Michelle or one of our skin-expert aestheticians – Maria, Amanda or Shea – can design a skin-care regimen that will build off your Illuminize Peel. And you can save on that regimen. We offer a 10 percent discount when you purchase at least three products from the SkinMedica line. You can add a microdermabrasion at a special price. Call today and make your reservation. Our spring Beauty Boot Camp filled quickly, so call for an appointment now at 713.850.0470 or send an email to pmartinez@sba-skincare.com.



THERMAFRAX

COMBINING TWO FOR A YOUNGER YOU

When does $1 + 1 = 3$? At SBA, it's when you combine two of our most popular procedures, Thermage® skin tightening and Fraxel® re:store skin resurfacing. The results of combining these procedures are even better than doing either alone.

Long regarded as the gold standard for skin tightening, Thermage uses radiofrequency energy to tighten the deeper layers of skin. The procedure is perfect for jowls along the jaw line, loose skin under the chin and neck, and crepey or hooded skin around the eyes. During the procedure, pulses of radiofrequency energy are delivered until the skin is slightly pink. This results in stimulation of new collagen and subsequent tightening. Because our skin builds collagen slowly, the best results are seen six months after the procedure, although improvement will be seen before then.

Fraxel is a fractionated resurfacing laser that treats signs of sun damage and aging such as wrinkles, fine lines, large pores and freckles. The laser targets thousands of microscopic columns in the skin, which leaves normal skin surrounding each targeted area and allows for faster healing. Each column of tissue is coagulated and eventually exfoliated, leaving fresh new skin behind. Tighter pores, a reduction in fine lines and wrinkles, fewer brown spots and smoother texture are some of the benefits of the Fraxel

laser.

We recommend undergoing the Thermage treatment first as it is a one-time procedure with no downtime. Next, we start the Fraxel series. Approximately 20 percent of the treated area is resurfaced with each treatment, so we recommend a series of four treatments, spaced three to six weeks apart. Following treatment, there are a few days of redness and some swelling. By combining Fraxel with our Omnilux™ LED light therapy treatments, we can greatly reduce the downtime of this procedure.

By combining Thermage and Fraxel sequentially, we can achieve greater tightening and greater smoothing of the skin than either treatment alone. ThermaFrac, as it's called, achieves a three-dimensional improvement in the signs of aging. Thermage stimulates collagen production in the deeper layers of skin to produce skin tightening, while Fraxel targets the upper layers of the skin for new collagen stimulation. When performed in a series, both treatments work synergistically to tighten and resurface skin and produce a more youthful appearance.

We offer a five-treatment ThermaFrac package and a five-treatment Signature ThermaFrac package that include eight Omnilux LED light therapy treatments during the Fraxel portion of the series. To schedule a consultation to discuss this unique combination of procedures, call 713.850.0240 and press 2.

April Harrison, PA-C



LASER GENESIS

A NEW BEGINNING FOR YOUR SKIN

Laser Genesis is an effective, affordable treatment specifically designed for our patients just beginning to experience common skin problems, such as enlarged pores, fine lines and wrinkles. Laser Genesis works gently and safely, heating the upper dermis below your skin's surface to stimulate collagen re-growth. Additional heat is generated in dilated capillaries to also reduce redness. The result is healthier, more vibrant-looking skin.

The other advantage of Laser Genesis is that it can be safely, effectively performed on all skin types, including darker skin colors. Some lasers and intense pulsed light can pose a greater risk of burning darker-colored skin, so we recommend Laser Genesis in particular for our patients with darker complexions. So if you are Hispanic, Asian, African American or Middle Eastern and have signs of sun damage you want to address, such as fine lines, large pores and redness, Laser Genesis could be an ideal rejuvenating procedure for you.

To get the ultimate effect from the Laser Genesis, we recommend a series of five treatments, spaced two to three weeks

apart. Each procedure takes approximately 30 to 45 minutes to treat the entire face. No anesthetic creams or pain medications are needed. You can expect to see subtle, cumulative improvement after each treatment. There is minimal or no redness or swelling afterwards, so you can resume your normal activities immediately. We also offer our Signature Laser Genesis, which combines three skin-rejuvenating procedures – vibradermabrasion, Laser Genesis and GentleWaves® LED light therapy – to help maximize the benefit of the Laser Genesis treatment. First, the vibradermabrasion treatment takes off the top layer of dead skin cells, leaving the surface smooth and radiant. The removal of dead skin cells allows the light from the Laser Genesis treatments to reach the collagen cells more effectively. Finally, GentleWaves augments the collagen stimulating effects of the Laser Genesis treatment.

So give your face a new beginning by reducing the appearance of fine wrinkles, shallow acne scars, large pores and facial redness. Schedule a skin-rejuvenation consultation to discuss Laser Genesis. Call 713-850-0240 to set up your appointment.

Marcela Ramirez, RN

CHECK THESE OUT

AT SUZANNE BRUCE AND ASSOCIATES

POWER LUNCHESES

You are invited to join us for a Power Lunch where we cover a popular SBA procedure or skin rejuvenation regimen in depth. Suzanne Bruce, MD and other practitioners in our office join forces with our product/laser representatives to bring you all the latest information. These lunchtime seminars are only open to 20 guests each. A light lunch is served, and there are always special offers for our attendees.

For details on our Power Lunches and Cosmetic Saturday Seminars, go to www.sba-skincare.com and click on Calendar.

SPECIAL OFFERS

Check out our July and August specials on Radiesse® and Evolence® dermal fillers, Teen Facial and our product specials at www.sba-skincare.com.

SKIN TIGHTENING

We have just lowered our prices again to their lowest level ever on Thermage®. Now you can have a face, neck, chest, arms or body treatment at an even more affordable price. For more information, call 713.850.0240 and talk with one of our patient care coordinators.

UPCOMING EVENTS

Friday, July 24

9:00 a.m. – 2:00 p.m.

Beauty Boot Camp

The SPA at SBA

Schedule by calling 713.850.0470

Saturday, August 1

9:00 – 11:00 a.m.

Cosmetic Saturday Seminar

The Center for Cosmetic Dermatology

RSVP – 713.850.0240, ext. 114

Wednesday, August 12

12:00 noon – 1:00 p.m.

Permanent Hair Removal and Sclerotherapy

The Center for Cosmetic Dermatology

RSVP – 713.850.0240, ext. 114

Saturday, September 12

9:00 – 11:00 a.m.

Cosmetic Saturday Seminar

The Center for Cosmetic Dermatology

RSVP – 713.850.0240, ext. 114

Wednesday, September 16

12:00 noon – 1:00 p.m.

Power of Obagi Power Lunch

The Center for Cosmetic Dermatology

RSVP – 713.850.0240, ext. 114

Saturday, October 10

9:00 a.m. – 12:00 noon

12th Annual Open House Celebration

All Three Centers and The SPA

Suzanne Bruce, MD • Leigh Ellen Eubanks, MD • Kristel D. Polder, MD (Board-eligible) • April Harrison, PA-C
Board Certified, American Board of Dermatology; Fellows, American Academy of Dermatology

SUZANNE BRUCE AND ASSOCIATES, P.A.

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