

THE SKINNY



FALL ISSUE 2008

OCTOBER OPEN HOUSE

CELEBRATING OUR 11TH YEAR

FRACTIONAL RESURFACING
A MINI-MIRACLE

RADIESSE
RESTORING A YOUTHFUL FACE

THE POWER OF
ANTIOXIDANTS

SATURDAY
CLINIC AND SPA SERVICES

APRIL'S BACK
PLUS WHAT'S NEW,
UPCOMING EVENTS
AND MORE

WHAT'S NEW

AT SUZANNE BRUCE AND ASSOCIATES

New services, new products, new people and a new spa are what's happening at Suzanne Bruce and Associates (SBA) this fall. And our 11th Anniversary Open House Celebration is just around the corner on Saturday, October 25.

Let's start with our new services. As you know, we love innovation. It allows us to provide the latest procedures that can bring you real, meaningful results. First, we are very excited about our new fractional resurfacing treatment utilizing the Fraxel re:pair™ CO₂ laser system. This remarkable treatment was featured on the *Today* show and billed as a mini-medical miracle. The one-time procedure has about a week's downtime, but the results we're seeing have been well worth it. For more information, read the article on Fraxel re:pair and view some great before-and-after pictures on our website. Go to Services and click on Fraxel re:pair.

We are Houston's leading provider of skin-tightening treatments using the always-evolving Thermage radio-frequency technology. The new ThermoTip™ CL treatment tip and new procedure guidelines add a much-needed weapon to our fight against cellulite. This one-time cellulite treatment rebuilds collagen connective tissues and improves blood circulation to help smooth skin and reduce the appearance of cellulite. Because of our volume and faster treatment times, we offer this new cellulite procedure at a great price. In fact, we recently reduced all our Thermage prices thanks to a new tip purchase plan. Learn more about our new Thermage cellulite treatment in Short Takes on the back page, and our other Thermage®, Body by Thermage™ and Eyes by Thermage™ offerings on our website. Go to Services and click on Thermage.

We have also made some innovative additions to our SPA menu. I had read and talked with many of our patients about a procedure they loved called microcurrent. This treatment uses mild electrical stimulation to plump up facial skin. Our patients find the treatment relaxing, while giving them a temporary lift and plumping. Many Hollywood stars consider a microcurrent treatment a 'must' as they get ready for the Oscar red-carpet walk and other high-profile events. We've added it to our SPA menu as the Microcurrent Facial, and it is available as an individual treatment or in a package at a savings. We've also just introduced our new Relaxing Facial and a new Skin Fitness Facial for men.

While we're talking about The SPA, we're pleased to announce that this part of our business will have its own beautiful, tranquil space set to open in late October in Suite 675, adjacent to our medical suite. We are also pleased to welcome Shea Wood to SBA. Shea, a licensed aesthetician with extensive spa experience, is currently splitting her time between serving our customers as a Patient Care Coordinator and as a provider in The SPA. When the new space opens, Shea will see spa clients full-time. Read all the latest information on The SPA at SBA – services and the build-out – on page three.

Besides Shea, I want to welcome our other new staff members: Monique Flot and Watina Lee to our medical front office; Krishna

Coleman, Alysha Monjaras and Trina Saulsberry to our cosmetic front office; and Amy Fletcher, Deann Kaiser and Nadia Nassaj to our clinical research operations. They are here to make sure your experience at SBA is exceptional.

We are constantly investigating new skin-care products that can enhance our treatments and prolong the achieved results. Since the winter issue of *The Skinny*, we have introduced many such skin-rejuvenating products – some in systems and some individually – to add to your regular skin-care regimen. One key component of an effective anti-aging regimen is a good antioxidant. On page six, we've provided a primer on what they do and which ones we carry and recommend. We have new offerings from Obagi®, Remergent™, REVALÉSKIN™ and SkinMedica®, and we have added a skin-care brush called the Clarisonic™ Skin Care System. We use this gentle-cleansing apparatus on our patients in the office, and many of us use it at home. For more details, read our Short Takes on Skin Care column on the back page.

Along with new services and products, we also strive to improve the ways we work in our long-term partnership to enhance the health and beauty of your skin. With that in mind, in April we introduced a Patient Treatment Plan (PTP) to our new patient consultations and our established patient follow-ups. This new tool gives you a way to fully articulate and discuss the skin conditions that concern you most. We can then develop a treatment plan that addresses your highest priorities in the most beneficial order. As part of the PTP, we can formulate a personalized skin-care regimen to enhance your treatments. Read the article on page six for more on the PTP with its use of professional before-and-after photography and planned follow-up visits.

On October 25, from 9:00 a.m. to noon, we'll be hosting our annual Open House on the 6th floor at 1900 St. James Place. This much-anticipated, fun event will allow you to get the skinny on all the new, as well as tried-and-true, services and products for healthy and beautiful skin. Over 30 professionals from a wide range of companies will be here to present and answer your questions. For details and the lineup of knowledgeable representatives who are coming, see pages four and five, and check our website for updates. RSVP early.

Finally, we must say goodbye to our wonderful Dr. Miriam Hanson. She met the man of her dreams here in Houston, but he is from Canada. She is moving there in mid-October to be with him. Miriam came to SBA in the summer of 2007 and quickly became a valued member of our team. She has been a caring doctor to our patients and a strong supporter and developer of our staff. She will be missed. We are interviewing several candidates and hope to announce a new dermatologist soon.

As always, we thank you for your continuing confidence and support. We remain committed to providing you unparalleled medical, cosmetic, spa and clinical research services.



REFER-A-FRIEND PROGRAMS

Both our Center for Cosmetic Dermatology and The SPA at SBA have Refer-a-Friend Programs. If you were happy with your treatments and service at either of our centers, please tell your friends about us. If your friend comes in as a first-time patient to either The Center for Cosmetic Dermatology or The SPA and lists you as her/his referral

source, we will mail you a 10 percent discount coupon that you can use for your next service or your next purchase of one of our skin-care products at the respective location. So please spread the word, and we'll discount your next service or product purchase as our way of saying "Thanks!"

SATURDAY

CLINIC AND SPA SERVICES

You may not be aware that every Saturday The Center for Cosmetic Dermatology and The SPA at SBA are open for business between 9 a.m. and 2 p.m. At the Cosmetic Center, we offer all our usual services – laser hair removal, FotoFacials and FotoFirms, wrinkle laser treatments, Thermage skin-tightening, Fraxel laser resurfacing, BOTOX® Cosmetic and our full slate of fillers. At The SPA at SBA, we offer all our wonderfully-relaxing, beneficial facials, Omnilux light therapy for acne and skin rejuvenation, microdermabrasion, chemical peels, waxing, lash and brow tinting and shaping, and VelaSmooth cellulite treatment. We can also do a skin-care consultation and get you on your way with a bene-

ficial array of our rejuvenating skin-care products.

Please note the front door to our building on the St. James Place street-side is locked on Saturdays. So be sure to use the back entry. You'll find convenient ground parking all around the building or you can use the free garage behind the building. Look for the parking spots on the first floor of the garage that are marked as reserved for SBA patients.

So, if Saturday is your spa day or you need the convenience of a Saturday cosmetic dermatology appointment, call our office today at 713.850.0240.

WHAT'S NEW

IN THE SPA AT SBA

Great things are happening in The SPA at SBA. By late October (Hurricane Ike repairs willing), it will have its very own "home" on the same floor as our Centers for Medical and Cosmetic Dermatology and Center for Skin Research. The new SPA will be a quiet, serene respite from the hustle and bustle of your everyday life. While you relax in this beautiful environment, you will receive state-of-the-art skin-care services created by our team of dermatologists and aestheticians. In addition to the pampering relaxation component of the facial, we incorporate proven dermatologic treatments, such as microdermabrasion and LED light therapy. It's the perfect marriage of what's good for your psyche and what's good for your skin.

With the new space, we have also added new offerings to our spa menu of services. In response to our patients' requests, we have added the Microcurrent Facial. This is the "red carpet facial" that celebrities use to look their best before a big event. It uses a safe, low-level electric current to stimulate the thin sheet of muscle under the skin which "plumps up" the overlying skin. This is the perfect touch before the big gala, debutante ball or wedding. Because the effects of the microcurrent are cumulative, we sell packages of Microcurrent Facials at a discount so you can reap the benefits of doing a series of treatments.

New peels to refresh and rejuvenate your skin are also now available. The Vitalize Peel® helps fight the effects of time, sun damage and environmental assaults. This powerful, non-dam-

aging peel can renew and refresh aging skin. The non-invasive, very superficial Illuminize Peel™ uses a novel approach to chemical peeling.

It introduces a newer generation of alpha-hydroxy acids (AHAs), Mandelic Acid and Malic Acid. These new AHAs are combined with Phytic Acid and commonly-used peeling agents, Salicylic Acid and Resorcinol, to maximize skin-rejuvenating results with low irritation.

We also have something now for the men in our lives. Our new Skin Fitness Facial is designed exclusively for the man who wants to keep his skin in great shape. This facial helps repair the skin and relieve the stress caused by shaving and external environmental factors. We also offer the new Relaxing Facial, a 30-minute, mini-maintenance treatment that includes a deep cleansing, steaming, extractions and a personally-tailored facial mask.

In addition to our new space and new services, we have added a new aesthetician, Shea Woods. Shea is a licensed aesthetician with seven years of experience in the spa industry. She has a warm, welcoming personality and a great "touch" for doing facials. She joins our other three wonderful aestheticians – Maria Martinez, Amanda Parrish and Megan Paschall – to make up a great team of talent that matches the beautiful ambience of the new spa.

But why wait until October? These caring professionals can provide you and your family all our spa treatments now in our Center for Cosmetic Dermatology. For an appointment, call 713.850.0240.



11TH ANNIVERSARY OPEN HOUSE

On Saturday, October 25, you are cordially invited to join us at this year's open house celebration. The festivities will be held in The Centers for Medical and Cosmetic Dermatology, The Center for Skin Research and our new SPA at SBA from 9:00 a.m. to 12 noon at 1900 St. James Place, 6th floor.

As always, we have a banner line-up of skin-care professionals who will be there to inform and answer your questions on the latest advances in medical and cosmetic dermatology. 2008 has brought its

share of new treatments and products. So don't miss this opportunity to find out what you can do to improve and rejuvenate your skin. You can also learn about our many currently-enrolling clinical trials.

So far, 30 experts representing 19 different companies will be stationed in different rooms throughout all three Centers and The SPA making on-going presentations and answering your questions on various skin-related issues, such as photodynamic and light therapies for acne, facial skin rejuvenation, resurfacing and tightening, cellulite, rosacea,

THE PROGRAM

Skin Resurfacing: Results You Can See and Feel with Fraxel
Suzanne Bruce, M.D.

FotoFacial[®], FotoFirm[™] and CoolTouch[™]: Removing Your Redness and Wrinkles
Leigh Ellen Eubanks, M.D.

Dermal Fillers: Adding Volume to Restore Your Youthful Face
April L. Harrison, PA-C

Thermage[®] and Body by Thermage[™]: Reshape Your Future
Eyes by Thermage[™]: Younger Looking Eyes
New Thermage[®] Cellulite Treatment: The Fight Against Cellulite
Marcela Ramirez, RN
Jan Verde, Clinical Research Specialist
Thermage, Inc.

Permanent Hair Reduction for All Skin Types
Treating Acne and Acne Scars: Lasers, Light and Photodynamic Therapy
Maria Antesoda, RN

The SPA at SBA: Relax, Refresh, Rejuvenate with Spa Services Good for Your Skin
Amanda Parrish, Aesthetician/Spa Services Provider
Shea Wood, Aesthetician/Spa Services Provider

VISIA Complexion Analysis and Regimen Recommendations
Maria Martinez, Aesthetician/Spa Services Provider

Center for Skin Research: Current Clinical Research Studies
Sandy Nero, CRC
Amy Fletcher, CRC
Sue Shannon, Coordinator Assistant
Deann Kaiser, Patient Recruiter

BOTOX[®] Cosmetic: It's All About Your Freedom of Expression
JUVÉDERM[™] Injectable Gel: Lose Those Lines for Longer
To be announced
Allergan Facial Aesthetics

RADIESSE[®] Dermal Filler: The Magic Ingredient is You[™]
Missi Gibbens, Territory Manager
Bioform Medical

Artefill[®]: The First Wrinkle Filler to Last
Adele Piliszek, Territory Business Manager
Artes Medical

BenzaClin[®]: Fast-acting Acne Solutions
XYZAL: Powerful Relief for Hives
April Davis, Executive Sales Professional
DERMIK/sanofi-aventis Dermatology

EN HOUSE CELEBRATION

permanent hair reduction and wrinkles. Our doctors and PA will host talks throughout the morning on our newest procedures, such as fractional laser resurfacing. Refer to The Program below for our list of presenters and their topics.

We will be providing free glo™minerals mini-makeup sessions all morning. We will also be offering short skin analysis consults, using both our VISIA and UV photography systems. To get an accurate picture of your skin's condition, come without any foundation makeup or be prepared to

remove it for the photo. You can reapply your makeup afterwards.

In addition, there will be refreshments, door prizes, and other giveaways. Feel free to join us for a few minutes or stay the whole morning. So come, be informed, bring a friend, see The Centers and the new SPA, and have fun. It's our way of helping you learn more about your skin and what can be done to keep it healthy and beautiful. Please RSVP via e-mail to apatterson@sba-skincare.com or call 713.850.0240 and press 114.




Tazorac®: Time to Take Charge of Acne and Fine Lines
BOTOX®: For Hyperhidrosis – Never Let Them See You Sweat

Jebb C. Ruff, Houston Territory Manager
Allergan Dermatology Therapeutics




Obagi®: Transform Your Skin from the Inside Out

Chantel McCollum, Medical Aesthetic Sales Rep
Obagi Medical Products, Inc.



SkinMedica®: Rebel, Rebuild, Reborn – The Secret Is YOU

Michele Cappi, Sr. Aesthetic Sales Rep
Cindy Fountotos, Regional Manager
SkinMedica Aesthetics



Phloretin CF®: Redefining Topical Antioxidants – Lighten, Tighten and Brighten

Tracy Hawe, Territory Sales Manager
SkinCeuticals

RETIN-A MICRO® Pump: Acne Treatment Made Easy
Renova®: Reducing Photodamage to Look Your Best
BIAFINE®: Enhanced Healing for Laser Treatments and Chemical Peels

Lisa L. Fulenwider, Professional Sales Rep
OrthoNeutrogena

Helioplex™ Sunscreen: Preventing Photodamage

Heather Geertsema, Professional Sales Rep
Neutrogena Dermatologics



Prevage® MD: Correct and Protect Your Skin from Free Radical Damage

Maribeth Milosevich, Territory Manager
Allergan Topical Aesthetics



REVALÉSKIN™: Reveal the Younger You with Nature's Most Powerful Antioxidant

Chris Mucci, Aesthetic Sales Rep
Stiefel Laboratories, Inc.



Remergent™: Ground-breaking DNA Science for Your Skin

Pamela Parker, Territory Manager
AGI Dermatics



Aveeno: Discover the Science of Active Naturals

Misty Redding, Professional Sales Rep
Johnson & Johnson Consumer Product Co.



glo™minerals: Seasons of Change

Amy Curbelo, Sales Consultant
gloProfessional

Biopelle: Discover Your Skin's Potential
OC Eight®: Shine Control for True Matte Skin
Auriderm®: Solutions for Bruising, Spider Veins and Dark Under-Eye Circles

Jeff Starling, Sales Consultant
Biopelle, Inc.

UV Photography: Uncovering the Sun Damage You Can't See

Photography equipment courtesy of
Johnson & Johnson Consumer Cos., Inc.

THE SBA

PERSONAL TREATMENT PLAN

We want to tell all our clients about a new program we have instituted at SBA called the Personal Treatment Plan (PTP). Because the field of cosmetic dermatology is burgeoning with new lasers, fillers, peels and products coming out every day, it can be a bit confusing and overwhelming for the lay person. Even we dermatologists have to be constantly reading our journals and going to meetings to keep up with all the innovations. The other factor is that everyone's skin-care needs and priorities are different. A 40-year old blonde with rosacea (subtle redness on the cheeks, chin, nose or forehead) will have different recommendations for treatment than a 60-year old with deep lines and sagging jowls. And if you have limited resources to spend on skin rejuvenation, you want to use those dollars wisely so you get more "bang for your buck."

That's exactly why we created the PTP. When you come in to meet with our dermatologists or our physician assistant, we will have a candid discussion with you about your skin concerns. We will literally hand you a mirror and ask you to point out what bothers you and rank the problems in order of priority. We can then tailor a written treatment plan that addresses your concerns and does it in the most cost-effective way. At the end of your consultation, we will give you a copy of your PTP to reference at home, and we will keep a copy in your file.

We will also address timing of the procedures, such as having BOTOX® prior to a Fraxel laser resurfacing or Thermage skin-tightening procedure. We do this because relaxing the muscles of facial expression first will make the skin-tightening and collagen-remodeling deliver a better result if the skin isn't being constantly creased by muscle contractions in the weeks after the procedure. We like to do fillers, such as JUVÉDERM or Radiesse®, after the Fraxel or Thermage procedure

because you may require less filler if the lines and skin laxity have been reduced by one of these procedures.

The other key component of the PTP is recommending and designing a good skin-care regimen. If you use cosmeceuticals at home and apply your sunscreen on a daily basis, you will enhance and preserve the results of whatever laser, BOTOX® Cosmetic or filler treatment you have in our office.

The name of the game is rebuilding the collagen in the skin. That collagen deteriorates as we age. The great thing about skin is that it has an innate ability to regenerate and repair itself. Your skin can show dramatic results if we help nudge it along with retinoids, growth factors, antioxidants and peptides. We carry the top cosmeceutical lines in the business such as Obagi®, SkinMedica®, REVALÉSKIN™, PreVage® and Remergent™. When we create a skin-care regimen for you, we can select the right products from those lines as well as incorporate prescription drugs such as Retin-A, Renova®, Tazorac® and Tri-Luma® to create an effective program designed to meet your goals.

As part of our PTP, when you come in for a consultation, we will take baseline digital photographs to provide a visual starting point. Then, when you complete whatever home and office treatments we recommend, we will take "after" pictures to show you how far you have come. It will really motivate you to stick with a good skin-care regimen when you see the difference. We have a wonderful medical photographer, Laine Maier, who does our excellent photography.

If you would like to schedule an initial consultation or a follow-up appointment, please call 713.850.0240. We look forward to designing your Personal Treatment Plan and partnering with you to accomplish your skin rejuvenation goals.

THE POWER OF ANTIOXIDANTS

More and more research is validating the benefits of using topical antioxidants as part of a good skin-care regimen. Daily exposure to environmental elements, such as sun, wind, cigarette smoke and chemicals, produces damaging reactive oxygen species (ROS), such as free radicals, oxygen ions, and peroxide in our skin leading to multiple pathways of oxidative stress. A broad spectrum antioxidant can effectively neutralize the ROS in multiple steps of the oxidative pathway. This helps to protect against damage and DNA mutations, which can prevent healthy cell regeneration and lead to signs of photo-damage, including fine lines, wrinkles, loss of elasticity, discoloration and even skin cancer. In addition to helping prevent damage from sun and other environmental exposures, clinical studies have shown that antioxidants can reduce fine lines, wrinkles, laxity, mottled texture and age spots for dramatically healthier, stronger and visibly radiant skin beginning as early as four weeks.

Of the new crop of antioxidants that have come on the market recently, we have chosen to offer three for sale in our clinic – Phloretin CF™ by SkinCeuticals®, TNS Essential Serum™ by SkinMedica®, and REVALÉSKIN™ by Stiefel. Phloretin CF is a broad-spectrum treatment that protects against free radicals and a range of other reactive molecules known to cause damage to skin cells. It also can correct existing skin damage. Phloretin CF comes in the form of a serum, which is applied by rubbing in four to five drops with the fingertips to clean skin on the face, neck and chest before you apply your sunscreen.

The TNS Essential Serum contains the same growth factors that are in TNS Recovery Complex® along with a potent cocktail of antioxidants,

peptides and other innovative anti-aging ingredients. It provides a wonderfully-smooth, hydrated feeling to the skin. If you use the TNS Essential Serum, there is no need to use TNS Recovery Complex because it does everything the Recovery Complex does plus more due to the additional antioxidants. The TNS Essential Serum is used twice a day. In the morning, it should go on first before your sunscreen. Before bedtime, it should be applied after your topical retinoid (Retinol, Retin-A or Tazorac®).

REVALÉSKIN™ contains a potent antioxidant called CoffeeBerry®. It comes as a day cream with SPF 15 and a hydrating night cream. You can use the REVALÉSKIN Day Cream every morning on top of the Phloretin CF or the TNS Essential Serum if you want to really rev up your antioxidant protection. The REVALÉSKIN Night Cream is also great to use on top of your retinoid at night because you are getting a great antioxidant along with hydration to counter the potentially-drying effects of the retinoid. Or, if you have such sensitive skin that cannot tolerate retinoids, the REVALÉSKIN Night Cream will still provide anti-wrinkle benefits used as a stand-alone treatment. REVALÉSKIN also comes as a cleanser, which has a pleasant grapefruit fragrance and also contains the CoffeeBerry anti-oxidant. REVALÉSKIN Day Cream, Night Cream and Cleanser come packaged together at a discounted price, or they can be purchased separately.

If you have questions about these great new antioxidants or would like to purchase them, please call Amanda, Janie or Shea, our patient care coordinators, at 713.850.0240.

RADIESSE

RESTORING A YOUTHFUL FACE

Have you ever looked at pictures of yourself from years past and thought, "Why can't I have that fresh, young look again?" We can help you achieve that! With our newest dermal filler, Radiesse®, we are augmenting cheeks and restoring facial volume for a more youthful look.

The new direction in facial fillers is enhancing mid-face volume, or the apples of the cheeks. As we age, gravity causes the normal fat pockets under the skin to migrate downward. This gives a drawn, sometimes tired look to our faces. Our cheekbones appear flattened.

Radiesse, a long-lasting, FDA-approved dermal filler, is safe and does a wonderful job restoring facial volume. We place Radiesse deep in the skin to restore the natural cheek contours. In doing so, nasolabial folds (the lines between our nose and mouth) and marionette lines (the downward lines at the corner of our mouth) are lifted so there may be little or no need to fill these areas.



With mid-face enhancement, we are treating the problem, not the symptom. And the best news is that the results are immediate and long-lasting! Radiesse will last up to 18 months so there is no need for frequent touch-ups.

Radiesse is composed of calcium-based microscopic spheres suspended in a water-based gel. It is biocompatible so there is no need for prior skin testing. After about three months, the water-based gel dissolves naturally and the calcium-based spheres stimulate the body to build new collagen. Over time, the calcium spheres absorb naturally. As with any filler, common side effects are redness, bruising, and swelling in the treated area. These side effects are temporary and most resolve within a few days.

Are you ready to restore your fresh, young look? Schedule a consultation, and we'll discuss Radiesse and our other filler options to find the right one for you.

FRACTIONAL RESURFACING

A MINI-MIRACLE

We are pleased to introduce the latest in fractional skin resurfacing – the Fraxel re:pair™ laser system (Re:pair). This system delivers a new type of treatment called Fractional Deep Dermal Ablation, designed to improve deep lines and wrinkles, textural irregularities (acne scars), pigmented lesions (age and sun spots, freckles, melasma and other skin discoloration), and vascular changes (redness) on the face and neck. The FDA-cleared Re:pair was introduced at the 66th Annual Meeting of the American Academy of Dermatology in San Antonio in February 2008. It has already become the new paradigm in CO₂ skin resurfacing. The *New York Post* named it as a "Best Quality-of-Life Breakthrough" for wrinkles. The *Today* show called it a "mini-medical miracle" that could help patients avoid face lifts.

Fraxel is a laser technology that gets its name by resurfacing only a fraction of the skin with each treatment. With the Fraxel, a cluster of tiny laser beams is delivered to the skin, forming microscopic treatment zones. With the Re:pair, those treatment zones are tiny columns of vaporized or ablated skin – hence the treatment is called Fractional Deep Dermal Ablation (FDDA™). The treated area contracts and tightens the surrounding skin while also breaking up unwanted pigment. Because the surrounding skin is unaffected, the Re:pair FDDA treatment dramatically reduces the recovery time and risk factors usually associated with a traditional CO₂ resurfacing.

So, what does this new Fraxel treatment mean in terms of results? Reddish, brown-spotted, wrinkled, sun-damaged skin becomes smoother, tighter, less red and more even in appearance. We have seen sensational results with our patients – on their faces, around their eyes and on their necks – all the areas that get the most sun damage from chronic ultraviolet exposure. You will find before-and-after pictures of some of our Re:pair patients on our website. We are also using it successfully on facial acne scars.

The Re:pair joins with our Fraxel re:store™ laser system (Re:store) to offer our patients a choice in fractional laser treatments. The Re:pair can

deliver more results in fewer treatments than the Re:store. Roughly, one Re:pair treatment is equal to four or five Re:store treatments. Patients wanting to achieve results faster may prefer the Re:pair. However, the downtime with the Re:pair is greater due in part to the ablative nature of the treatment. Also, the amount of downtime correlates with how aggressively we set the laser parameters. Generally speaking, deeper wrinkles and greater skin laxity call for stronger energy settings on the laser and, hence, greater downtime. Patients with less severe wrinkles and laxity will experience less downtime.

During the first 48 to 72 hours after the Re:pair treatment, there will be redness, swelling, pinpoint bleeding, oozing and crusting. Usually by day four or five, the skin is still pink or red and still somewhat swollen, but makeup can be worn to cover the redness. The newly-healed skin retains some degree of pinkness, which gradually fades over a few weeks up to a month. To help with healing, reduce downtime and enhance results, patients receive a series of Omnilux™ LED skin rejuvenation light-therapy treatments. During these office visits, we closely monitor our patients' post-laser course of healing.

Of course, sunscreen is essential to protect your beautiful new skin. In addition, we recommend using anti-aging skin-care products, containing active ingredients such as antioxidants, growth factors and retinoids to continue the collagen-building process. Like the Re:store treatment, the Re:pair procedure triggers collagen remodeling. That remodeling continues for six months or more after the procedure.

Just like any procedure, there are possible risks associated with the Re:pair laser treatment, including infection, pigmentation changes and scarring. By proper patient selection and judicious use of the laser, these risks can be minimized.

Schedule a consultation with either Dr. Bruce or our PA, April Harrison, to find out if the Fraxel Re:pair or Re:store treatment is right for you. Call 713.850.0240 today for an appointment.

UPCOMING EVENTS

SATURDAY, OCTOBER 11

9:00 a.m. – 2:00 p.m.

The Center for Cosmetic Dermatology

Saturday Cosmetic and SPA Appointments

SATURDAY, OCTOBER 18

9:00 a.m. – 2:00 p.m.

The Center for Cosmetic Dermatology

Saturday Cosmetic and SPA Appointments

SATURDAY, OCTOBER 25

9:00 a.m. – 12:00 noon

All Three Centers and Our New Spa

Annual Open House Celebration

Please RSVP – 713.850.0240, press 114

For the latest Upcoming Events including our next Power Lunches on Fraxel, Thermage and other skin rejuvenating treatments, visit www.sba-skincare.com and click on Calendar.

APRIL'S BACK APRIL HARRISON, PA-C HAS RETURNED

April is back at SBA after spending time at home with her new twin daughters, Blake and Kirby. She's looking forward to seeing old and new patients. For an appointment, call 713.850.0240.

CURRENT TRIALS AT THE CENTER FOR SKIN RESEARCH

The Center for Skin Research is our dermatological research division. We conduct clinical research trials for major pharmaceutical companies and clinical research organizations seeking U.S. Food and Drug Administration (FDA) approval. The research involves testing investigational drugs and treatment devices for a wide variety of skin problems, such as acne, actinic keratoses (sun spots), eczema, hyperhidrosis (excessive sweating), psoriasis and skin aging.

Interested in taking part in one of our clinical research trials? Eligible participants receive investigational treatment from our board-certified dermatologists or physician assistant at no cost and compensation for time and travel. For more information on currently enrolling trials, call 713.985.0210 or check on our website under Clinical Trials.

Suzanne Bruce, M.D. • Leigh Ellen Eubanks, M.D. • 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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SHORT TAKES ON SKIN CARE

Here are the latest advances in procedures and products:

Fighting Cellulite – Designed to improve the appearance of cellulite, Thermage has introduced the new ThermoTip CL. This treatment is ideal for patients who have tried diet and exercise or even other cellulite treatments without success. This single radio-frequency energy treatment gently heats the skin, restoring collagen connective tissues and improving circulation. It smoothes dimples and improves skin texture. Results vary from subtle to dramatic. Improvements can be visible immediately and will continue to improve for up to six months. Results can be long-lasting and depend on your skin condition and the aging process.

REVALÉSKIN™ Kit – A simple three-step anti-aging skin-care system – facial cleanser, day cream with SPF 15 and night cream – contains the potent natural antioxidant CoffeeBerry®. CoffeeBerry is rich in polyphenol antioxidants, which naturally prevent and rejuvenate damage to the skin caused by free-radical exposure and oxidative stress. This kit is designed to decrease the appearance of wrinkles and redness while enhancing overall skin texture and helping the skin retain moisture. For more on antioxidants, see the article on page six.

Clarisonic® Skin-Care System – Sonic technology has now come to skin cleansing. The Clarisonic brush gently removes make-up and thoroughly cleanses your skin. Recent clinical studies have also shown that the Clarisonic brush can improve both absorption of topical skin-care products and the appearance of photo-aging compared to manual cleansing.

Remergent™ – We carry two products from this skin rejuvenating line, which we particularly recommend for mature skin. The DNA Repair Formula serum speeds recovery reaction from UV-induced skin damage. We especially recommend it for people who have had skin cancers or actinic keratoses (precursors to skin cancer). It also encourages your skin's DNA repair mechanism to self-correct and reduce the signs of collagen degradation. The Microcirculation Eye Therapy, a stimulating eye cream, bolsters localized nutrient flow to reduce the signs of under-eye circles and speeds your skin's natural repair of collagen.

SkinMedica® TNS Night Eye Repair – This ultimate eye treatment cream is formulated with NouriCel-MD®, peptides, high concentrations of vitamin A, C and E and hyaluronic acid to improve the appearance of the delicate skin around the eyes. It increases firmness and elasticity and reduces the appearance of dark circles.

SkinMedica® TNS Line Refine™ – This innovative new product generates rapid filling and smoothing action to visually reduce the appearance of fine lines and wrinkles around the mouth, eyes and crow's feet, while providing long-term anti-aging benefits.