

**Stand firm in the face of gravity
- with Ultherapy™!**

Leysin Fletcher Mahoney, PA-C



Ultrasound, a technology that has been trusted by expectant mothers for decades, is now being used in a whole new type of cosmetic procedure that actually tightens loose skin on the face and neck without surgery. This procedure, called Ultherapy™, is the first and only energy-based procedure in aesthetics to be cleared by the FDA for non-invasive lifting. Goldman Butterwick Fitzpatrick Groff & Fabi, Cosmetic Laser Dermatology is pleased to be among the first practices to provide this treatment. Ultherapy allows physicians to actually see the layers

of skin and plan where to send the ultrasound energy. When the ultrasound energy is delivered, the body's natural response mechanism is triggered, which is to replace old collagen with fresh, new collagen. Patients start to see results in a few weeks and continue to see improvements over the next four to six months, as newer, stronger collagen is formed. Patients will note a softening of the creases around their nose and mouth, a slimmer, younger look around the cheeks and neck, and generally a firmer feel to the skin. Who is the best candidate for Ultherapy? Women and men who have mild to moderate skin laxity are great candidates. Ultherapy can also be used as a complementary treatment to other skin rejuvenation procedures such as Sculptra™ as well as Intense Pulsed Light (IPL) and other laser procedures geared toward surface issues. If more tightening is required, procedures can be repeated in 6 months. Ultherapy has become a very popular treatment for patients, especially those not ready, economically, logistically, or psychologically, for surgery.



Before After
*actual patient

summer of
Love
YOUR SKIN!



BEFORE AFTER
ultra. sound. summer!
Call us today for your complimentary
Ulthera consultation and receive 10% off!
Discount off physician fees only. Cannot be combined with any other offer.
Must be a treatment of \$4200 or more. Valid through 9/30/12

Summer Specials

Receive \$100 disc on your next IPL treatment when combined with your next filler treatment.

*Both treatments need to be done on the same day. Discount applied to IPL treatments of \$500 and over. Cannot be combined with any other offer.

Save 50% OFF Body treatment of Thermage with Leysin Mahoney, PA-C!

*Discount applies to treatments \$4000 and over.

Save 10% disc off Liposculpture surgery.

* Minimum of \$5500.

Discount does not apply to operating room fees/lab fees.

Save 15% OFF Cool touch Varia treatment.

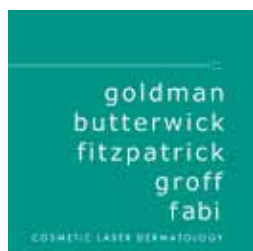
*Minimum \$750 in treatment.

Save 20% OFF next Affirm treatment.

*Minimum \$350 in treatment.

Purchase 2 Vivite Peels and receive a FREE Post Peel Kit!

\$109 Value! Kit includes: a Vivite Replenish Hydrating Cream, Replenish Hydrating Cleanser and Aftercare Environmental Protection SPF 30



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COSMETIC LASER DERMATOLOGY

SUMMER 2012

Making a
Comeback
Andrea's Story



*actual patient

Art + Science = Beauty

Instantly smooth away facial wrinkles and see natural-looking results

Get immediate lift and volume in just the right places
The Restylane family of products includes Restylane®, Restylane-L® Perlane®, and Perlane-L®. These products can be used to add volume and fullness to the skin to correct moderate to severe facial wrinkles and folds, such as the lines from your nose to the corners of your mouth (nasolabial folds). Restylane may also be used for lip enhancement in patients over 21 years. Ask your doctor which is right for you.

Save on Restylane!
Bring in this ad & save
\$50 off per syringe!



Before After
*Actual Patient

Restylane®
FAMILY OF INJECTABLE GELS

Expires 9/30/12. Must be of 1cc syringe. Cannot be combined with any other offer.

Treatment volume should be limited to 6.0 ml, in wrinkles and folds, such as nasolabial folds, and limited to 1.5 ml, per lip (Restylane only). The safety or effectiveness of treatment in areas other than nasolabial folds and lips (Restylane only) has not been established in controlled clinical studies.

Grow & Glow!

Get those lusher lashes you've always wanted and glowy skin!



*Actual patient, Latisse for 3 months

Buy 1 box of Latisse and a Vivite Vibrance Therapy for only \$199!
\$40 savings!



(bimatoprost ophthalmic solution) 0.03%



EXFOLIATES HYDRATES PROTECTS



EXFOLIATES HYDRATES PROTECTS

Sign up for specials directly from Allergan!
www.brilliantdistinctionsprogram.com

*Valid through 9/30/12. Cannot be combined with any other offer.

**NEW SUMMER
SkinMedica "Must Have Kit"**

only \$640.00
\$240.00 SAVINGS

KIT INCLUDES:

- 2 TNS Essential Serums
- 1 Dermal Repair
- 1 TNS Line Refine
- 1 Facial Cleanser
- 1 Rejuvenative toner
- 1 Daily Defense Sunscreen



*Cannot be combined with any other offer. Valid through 9/30/12

Say
Bye
Bye

to stubborn fat in your abdomen and flanks. **CoolSculpting® by Zeltiq**, is a clinically proven, FDA-cleared, non-surgical treatment without the downtime.



*Actual patient

*Cannot be combined with any other offer. Valid through 9/30/12. Valid with Leysin Mahoney only. No exceptions. Small cycle on flanks only. Large on abdomen.

Lose the
Muffin
Top.

Present this ad and Buy 1 flank and get the other half off (\$400 value)
OR
Purchase upper or lower abdomen and get the flanks 1/2 off (\$800 value)
with Leysin Mahoney, PA-C

*model not actual patient

Eliminating Scars

Mitchel P. Goldman, M.D. – Medical Director
Board Certified Dermatologist & Cosmetic Surgeon



A scar is a natural part of the body's reaction to wounding or injury and is correlated with healing. Skin scars occur when the dermis (the deep, thick layer of skin) is damaged. The worse the initial damage is, the worse the scar will generally be. Most skin scars are flat and leave a trace of the original injury that caused them.

Scars come in all shapes and sizes depending on the type/severity of the wound. A scar usually takes 12 to 18 months to fully mature and some can take up to 24 months to develop a stable form and appearance.

An injury does not become a scar until the wound has completely healed. Wounded body tissue grows too much collagen because the wounded collagen is not as strong as normal collagen. Scars form differently based on the location of the injury on the body and the age of the person who was injured.

For instance, scars on the face heal much better than scars on the chest or back.

There are several factors that determine the level of scarring that each individual patient will encounter, including:

- o Nature of the wound
- o Depth and size of the wound
- o Location of the wounds
- o Age of the patient
- o Ethnicity and heredity of the patient

Scars can be treated with topical skin care, a variety of lasers and injectable medication. In our practice, we have several lasers that allow us to customize treatments based on the severity of the scar tissue that has formed: flatten raised scars and raise depressed scars, remove the lines of a scar and even the color of the scars.

The Active/Deep FX laser resurfacing treatment is fractional CO₂ resurfacing laser which is excellent at treating acne scars and surgical scars.

The Affirm Multiplex is a fractionated non-ablative laser that can improve a scars appearance.

The Q-Switched Nd:YAG, Alexandrite and Ruby lasers can remove the pigmentation in scars and are especially helpful in removing dirt from scars.

For red colored scars, we are able to use the Pulse Dye Laser (Cynergy or VBEAM) or the Intense Pulsed Light (Lumenis One or M22). They both use a beam of light at a specific wavelength and are specifically used for the vascular component of scars. In addition, they can also cause scars to flatten.

Our office offers complimentary cosmetic consultations to any patient wanting to get a scar removed. Call our office at 858.657.1002 today.



To support Dr. Goldman and Laura Goldman in their \$20,000 fundraising goal, please visit www.gbkderm.com and click on the CAF Logo.



Making a Comeback: Andrea's Story

Andrea was in outstanding physical shape last October, in the midst of training for Ironman Arizona, when she experienced something that would change her life forever...a severe bike accident.

85 miles into a ride, riding downhill, she hit an abrupt raised part of the road in the bike lane, and was catapulted through the air. The next thing she remembers is sitting on the side of the road with waves of pain rolling through her entire body. Everything hurt. She was immediately taken to one of the trauma centers.

Andrea spent the next four nights in the hospital, having suffered severe cuts all over her face. Two of the three cuts located near the eye went as deep as to the bone. She had at least 35 to 40 stitches in her face alone, with more all over her body.

Recovery has been long, painful and frustrating. She started physical therapy 4 to 6 weeks after the crash and relished in all of the small victories like being able to walk without a limp, using weights, box jumps and just sweating.

In the last few months, she has returned to training but still is not quite 100%. One big issue now is the scarring on her face and body. In addition to the scars, dirt and asphalt is embedded under her skin. It's uncomfortable and makes her self-conscious to the point that she sometimes just didn't feel like leaving her house. She has to make sure that the scars are protected from the sun at all times, which is a challenge now that the weather is warming up. Andrea came to our practice and started seeing Dr. Goldman at least once a month for laser treatments with the pulse dye laser, intense pulsed light, q-switched Nd:YAG, and Deep FX lasers to reduce the appearance of her scars.

Andrea says, "I've learned so much from this whole experience. I'm so much stronger than I ever thought I was. I've learned a lot about what is important and what's not. I've learned about the depth of the unwavering love and support from my Mom and husband. And, I've been amazed and humbled by the people who have been supportive, tolerant, patient and loving. Thank you Dr. Goldman! Because of you I feel more and more confident with my appearance and I'm more comfortable leaving my house."



Before After

*actual patient

Non-Invasive Lipolysis or Liposculpture?

Kimberly Butterwick, M.D. – Board Certified Dermatologist & Cosmetic Surgeon



Most of us have a bulge of fat somewhere on our bodies that we wish wasn't there. Generally, no amount of diet or exercise can spot reduce that problem area. In fact, some patients have noticed that sit-ups and crunches result in bigger abdominal muscles and actually cause the fat on the abdomen to protrude even more! Aging and hormonal changes further aggravate the problem by causing fat accumulation around the waist, love handles or bra area.

What to do? Now we have some non-invasive options. If the bulge is not too big and the skin a bit loose so it can be pulled away from the body, the Coolsculpting by Zeltiq® freezing device can be quite helpful. This device clamps down on the fatty bulge and then freezes the fat cells. Those cells are more sensitive to freeze injury and are destroyed by the process. The patients simply read for an hour while the clamp is applied. A brief but vigorous massage of the area helps to further eliminate the fat cells. Although the process is painless, some mild soreness is felt for a few weeks. Over the ensuing 2-3 months, one can expect approximately 30% of that fatty bulge to disappear. The clamp can be reapplied a second time for even more reduction. The limitation of this process is basically the size of the clamps. There are two sizes but sometimes the fatty bulge is too large or too small for the clamps. If too many clamps are required for multiple areas, it can be more expensive than liposculpture!

Tumescent liposculpture is the most definitive answer to fatty bulges. Rather than 30% improvement, patients usually notice more than 75% improvement in the fatty area. This procedure is not as easy as Coolsculpting by Zeltiq® in that it is a surgical procedure performed with light IV sedation. A pre-operative exam and laboratory tests are performed and patients have to wear a surgical garment for one week afterwards. Interestingly, some of our staff (to be nameless!) have had both liposculpture in one area and Coolsculpting by Zeltiq® in another, and note that the post-operative tenderness is actually less with liposculpture. However, with both procedures, you can be back on your feet the next day. Tumescent liposculpture is also more versatile in that nearly all areas of the body can be treated, unlike the non-invasive options which are usually limited to the torso. The most popular areas are the neck, abdomen, love handles, outer thighs and inner thighs.



Before After

At Cosmetic Laser Dermatology, we also have other body contouring devices including the Exilis™, Bella Contour, Thermage®, Ulthera®, and Velashape™. These devices are for small fatty areas and/or skin tightening and cellulite. We offer a no charge consultation with your physician in order to help decide which option is best for you.

*actual patients

Changing Lives with Lasers

Richard E. Fitzpatrick, M.D. – Board Certified Dermatologist & Cosmetic Surgeon



Having been involved with the development of lasers continually since 1978, I have seen this field explode and remain amazed at the ongoing development of new devices that give us even more capability to treat a variety of conditions safely and effectively. The primary advantage of using a laser is that it provides the opportunity to precisely target a structure in the skin, while sparing the tissue surrounding the target. For example, when lasers are used in treating red blood vessel (common on the nose, cheeks and chin), a precise wavelength is chosen that is preferentially absorbed by the red blood cells, and not the tissue surrounding them. When the laser energy is absorbed by the red blood cells, heat is created that basically cauterizes the blood vessel from the inside. By controlling the laser settings we can make that energy confined to the blood vessel and not the affecting them tissue of the surface of the skin or the tissue around the blood vessels. This results in a very effective treatment to eliminate unwanted blood vessels with minimal downtime.

So in the same manner, brown and black spots can be selectively targeted whether they are on the surface of the skin or underneath the surface. Tattoos of virtually any color can be targeted selectively as well.

Lasers have also been used extensively to rejuvenate aged or sundamaged skin resulting in tightening of skin, improvement in the wrinkle lines, texture and color of the skin. This is commonly done with what is called "fractional" lasers. These lasers deliver their energy in tiny spots about the diameter of a hair. We can control the number of spots, how deep they go, and how intensely the laser spots react with the skin. The first laser with this incredible technology are marketed under the brand name "Fraxel," but today there are many fractionated lasers.



patient treated with VBEAM® laser

Using this technology we can customize treatment so that there is very minimal downtime or maximal improvement in a single session. We usually combine several lasers in one session. This is necessary because of the precision of each laser. Trying to make one laser do all the work results in much more non-specific tissue damage because you then lose the precise targeting that is so valuable. That is the reason we have so many lasers in our practice, 38 to be exact, unlike any other practice in southern California!



patient treated with Fraxel® Dual

*actual patients

Injectables- Appear Younger with No Downtime!

Dr. William Groff – Board Certified Dermatologist



Right now is a very exciting time in cosmetic dermatology. There are so many new products to use to enhance our natural beauty and give us the look that we desire. In addition, we have many new and cutting edge techniques that we are using with these injectable products. The techniques can be used in a way the yields natural results and gives our patients little to no downtime!

Volume loss in the face is a very telltale sign of aging. As we lose volume in the face, lines and folds are exaggerated and jowling begins to occur. We now have fillers that can be used safely and effectively to add volume to areas that have been traditionally ignored. These areas include the temples, which are usually not considered when attempting to restore volume to the aging face. Hollowed out temples give a skeletonized appearance to the face and can add to the sagging appearance of the skin.

Another area that suffers volume loss as we age is the cheeks. If you look in the mirror and you see flattening of the cheeks or a break or split in the cheek pad, you could be an excellent candidate for volume replacement in this area. Adding volume in this area can also help lift the lower face and alleviate jowling along the jawline. In addition, we can place various fillers along the jawline to minimize the appearance of the jowls.

The area around the mouth is a great place to add volume and restore the beautiful appearance of this area. Fillers can be used to enhance the lips, reduce lines around the mouth, add volume to the chin, and soften the folds that occur between the nose and the corner of the mouth. Adding volume to these areas, as well as the areas mentioned earlier, will help lift the sagging face and give a more youthful appearance.



Toxin to crows feet

Filler under the eyes

*actual patients

When BotoxCosmetic® or Dysport® are used in combination with volumizing fillers, skin can be gently lifted and wrinkles reduced. Facial features can be subtly redefined, taking years of the appearance of our patients, all with no downtime and no surgery. This is commonly referred to as a "Liquid Facelift". The dermatologists at GBFGF are all certified Liquid Facelift experts. Because GBFGF is committed to medical research and has numerous studies been conducted, we have the latest and greatest treatments and will customize a treatment plan for you. We are consistently one of the highest volume cosmetic injectable practices in the country. You will always be in expert hands that you can trust!

Get Clear before School's Here

Sabrina G. Fabi, M.D. – Board Certified Dermatologist & Cosmetic Surgery Fellow Graduate



Acne occurs when our pores become clogged. Each pore opens to a follicle, which contains a hair and an oil gland. The oil released by the gland helps remove old skin cells and keeps your skin soft. When glands produce too much oil, the pores can become blocked, and dirt, bacteria, and cells build up causing acne. Although acne is most common in teenagers, anyone can get acne and it can last into middle age. Hormonal changes may cause the skin to become more oily. Scarring may occur if severe acne is not treated. Some people, especially teenagers, can even become depressed if acne is not treated.

A good skin care regimen is important in preventing breakouts, as is the use of non-comedogenic oil-free makeup. Although there are multiple topical and oral treatments that can help, it can take time for them to take effect. Luckily there are light and laser treatments that can help. One can do these treatments alone or in conjunction with topicals and oral medicines to increase the effectiveness of treatment and prevent future breakouts that may result in scarring. We are happy to be able to offer multiple different treatment options. If downtime is not an option, a combination blue and red light treatment that takes a total of 15 minutes can be done. The combination treatment aids in both decreasing the redness, as well as the bacterial byproduct responsible for aggravating acne.

We are also excited to offer Isolaz® treatments, which use suction combined with a light device, to both clean the pores that become blocked in acne, while delivering gentle heat to the skin. The treatment takes 10 minutes, and leaves the skin feeling clean, tight and refreshed. Photodynamic therapy (PDT) is a very effective procedure that uses a photosensitizing drug to apply light therapy selectively to target the oil glands responsible for causing acne. Treatment shrinks the oil gland, therefore decreasing oil production and thereby acne. In our practice we use a combination of two different laser devices, and 2 light sources to perform the procedure, which also aids in evening out skin tone and improving skin texture typically after just one treatment. If scarring has already occurred from previous acne, there is hope. Lasers are able to penetrate deeper in the skin, where scarring occurs, to stimulate new collagen production and improve the overall texture and appearance of acne scars. Fillers can also be used to fill certain types of acne scars, making them practically imperceptible. We can even use a culture of your own skin cells to replace collagen loss from acne scarring. Feel free to schedule a free consultation for more information.



patient was treated with PDT



patient was treated with PDT

*actual patients