

SKIN SENSE

MEDI-SPA NEWS – The newsletter of Infinity Skin Care & Spa, by Kimberly K. Schulz, MD, Dermatologist, **Spring 2009**

It's All About the... Eyes

The skin around the eyes is the first to show signs of aging and Dr. Schulz is repeatedly asked about rejuvenation for this delicate area. The key to understanding the approach to rejuvenation of this area is to understand the changes that make our eyelid skin look older.

The skin thins with age, stress and sun damage, causing the subcutaneous tissues to deflate and descend. Thin skin and loss of subcutaneous tissue under the eyes make the under eye circles darker and more prominent, and also make the tear troughs depressed in relationship to the surrounding skin. When the skin is no longer filled out by subcutaneous tissue and a thick dermis, it appears saggy and loose. The skin around the eyes easily wrinkles with facial expressions.

So, what to do? Combination therapy for rejuvenation of the skin offers the best results and this is especially true of eyelid skin. Even after eyelid surgery (blepharoplasty) the eyelid skin can look aged and thin, and the periorbital area can look hollowed out. But there is good news...

There are several non surgical treatments that can improve the appearance of eyelid skin, crow's feet and dark circles in patients of all ages. Read more about treating the delicate skin around your eyes on page two.



Kimberly K. Schulz, MD
Certified by the American Board of Dermatology

IN THIS ISSUE

Spring Skin Seminar

Join us for *the can't miss* event of the spring season Thursday, April 9th (7:00pm – 8:30pm). Raffle prizes, special discounts & our buy 2 get one free filler promotion!

It's All About the Eyes

Learn how to treat the delicate skin that shows the first signs of aging.

Stretch Marks

How to treat these dermal scars?

Botox® & Depression

New tests focus on benefits of Botox treatments for depression patients.

Ask Dr. Schulz

It's your turn to ask Dr. Schulz. Read answers to frequently asked patient questions.

Introducing New Latisse™

Infinity Skin Care & Spa announces a new prescription treatment used to grow longer, thicker, darker eyelashes!

Want a product that's just for eyes? Try LUMIÈRE Bio-Restorative eye cream. The first and only formulation to contain PSP® for treating the aged and stressed skin around and under your eyes! Perfect for reducing dark circles, fine lines and wrinkles and refreshing fragile skin.



BEFORE



AFTER

It's All About the Eyes (continued)

So what eye treatments work? Filling out the tissues with filler, relaxing the muscles of facial expression (the crow's feet and brow) with Botox® Cosmetic, buffing out the existing wrinkles and crepey texture with Fraxel® and tightening, lifting and stimulating new collagen production with Thermage® will all offer a piece of the non-invasive rejuvenation puzzle. These treatments are surprisingly affordable since such a small area is being treated. Choose one or do them all!

If a rejuvenative procedure isn't in your budget, at least make sure you are using a daily antioxidant, high quality sunscreen and UV protective sunglasses! For repair and wrinkle reduction, be sure to use Neocutis Bio-Serum Spot Treatment for amazing and nearly instantaneous results!

Schedule a skin care consultation today to discuss your personal eye concerns. We can help develop a targeted plan to treat your individual needs.

Stretch Marks

Stretch marks, aka striae distensae, are scars in the skin's dermal layer that result from rapid growth or weight gain. These common and obvious lesions are seen on the breasts, abdomen, hips, thighs, buttocks and arms. They occur in both males and females, particularly as a result of adolescent growth spurts, pregnancy and obesity. During these intense periods of growth, the collagen and elastin in the skin are not produced fast enough to accommodate the expansion of the other cutaneous layers. Initially stretch marks are pink or red, but with time they fade to normal skin color or slightly lighter. At first they are swollen but as they fade they become flat or depressed. There is no known prevention although many have tried heavy moisturizer use. Unfortunately, rapid weight gain and skin expansion will cause stretch marks despite any intervention. Some people get them, some don't. Avoiding the rapid weight gain seems the best choice if possible.

Are there treatment options for stretch marks? Yes!

Topical retinoids can offer modest improvement in stretch marks with chronic daily use over a long period of time. Prescription retinoids such as Retin-A, Differin and Tazorac offer the most improvement but over-the-counter retinol products can induce some very subtle changes when used over a long period of time. Pregnant women should not use these products during pregnancy.

Fraxel® resurfacing laser has been shown to be very effective at improving the appearance of stretch marks and increasing the thickness and elasticity of treated skin after multiple treatments, making Fraxel one of the best options for treating mature, faded striae. Fraxel can be performed anywhere on the body unlike many resurfacing lasers.

Try New NeoCutis Bio-Serum & Spot Treatment! Infinity's New Product Highlight!

You've decided it's time to take action and refresh the look and feel of the skin surrounding your eyes. So, where should you start? A comprehensive program combining effective treatments like Fraxel and Thermage with high-quality skin care products offers the most desirable results. However, purchasing a powerful eye cream is a good place to start if your budget doesn't allow for higher end procedures. One of Dr. Schulz' favorites?

New! NeoCutis Bio-Serum & Spot Treatment.

NeoCutis Bio-Serum & Spot Treatment offers clinically effective skin rejuvenating PSP® combined with pro-collagen Amino Acids and a Bio-mimetic Peptide to help safeguard collagen and elastin from environmental aggression:

- Skin looks plump with increased hydration and radiant luminosity.
- Signs of fine lines and wrinkles appear to be virtually erased and softened.
- Renewed sense of skin tautness is felt.

Try this effective spot treatment today and see the instant results for yourself... amazing!





Ask Dr. Schulz

SEASONAL AFFECTIVE DISORDER

Patient Question: I keep reading about Seasonal Affective Disorder (S.A.D.) and I think I suffer from it. A friend has recommended that I use a tanning bed to improve my mood. Is that safe?

Dr. Schulz' Answer: Not only is tanning bed use dangerous, it doesn't help Seasonal Affective Disorder! This common disorder, which is believed to affect 15 million Americans, is common in northern climates like Iowa where winter days are shorter. Those affected find themselves sleeping more, craving carbohydrates and fighting sadness. The cause is the body's production of both melatonin and serotonin which get disrupted by shorter days and less light. While doctors often prescribe medication and psychotherapy, many experts recommend light therapy. During light therapy a light signal travels from the retina in the eye to the base of the brain where it helps synchronize melatonin production with the daylight cycle. Experts recommend obtaining light via a light box. These portable, visible light sources provide up to 10,000 lux of illumination. Most patients use these light boxes early in the morning for 15-60 minutes. On the other hand, a tanning bed emits ultraviolet radiation which is not a component of light therapy. In fact, light therapy for S.A.D requires visible light which affects the brain through its entry into the eyes. Not only does UV light not work, tanning bed users must keep their eyes covered to avoid radiation damage to the eyes.

Patient Question: Is there a safe way to use tanning beds?

Dr. Schulz' Answer: NO! The light emitted from tanning beds is UVA light. UVA light has a longer wavelength than UVB light, which is the main type of light that comes from the sun. While both are bad for your skin, UVA light penetrates into the skin more deeply and therefore it can do greater damage to your skin's youthful appearance and it causes skin cancer! There is no such thing as safe tanning and no rationale for using tanning beds to get a "base tan" prior to a tropical vacation in order to prevent burning. Tanning bed use is so dangerous that many states are drafting legislation to make it illegal to allow children under the age of 18 to use tanning beds.

Does your teenage daughter want a tan before prom? Do you want a tan for vacation? Great! Airbrush tans, where a technician sprays a tanning solution onto the skin with an airbrush, provide gorgeous, natural-looking results that are completely safe. Avoid spray-on tans done by a machine. Contact Infinity Skin Care and Spa for a listing of local providers.

Depressed? Can Botox® help?

Along with relief from migraines and tension headaches, Botox users might have found another advantage in addition to just wrinkle reduction. According to a study in the Journal of Dermatologic Surgery, researchers injected Botox into the brow area of 10 clinically depressed women. Some were taking antidepressants, but none had ever received Botox injections. The Botox prevented participants from activating brow muscles thus they were unable to furrow their brows for several months. Two months later, nine women had clinically recovered from their depression.

New Latisse™

What is Latisse?

Latisse solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker, and darker.

When will I see results?

The onset of growth is gradual, the majority of Latisse users saw significant improvement in two months. Results will vary. It has been FDA Approved to grow eyelashes.

Latisse is only available with a prior prescription or through an appointment with one of our registered nurses. Call today for more details.



Latisse™

MENU OF SERVICES:

Beautiful Skin Starts Here

- FRAXEL® LASER RESURFACING
- BOTOX®
- FILLERS
(Restylane®, Perlane®, Juvederm®
Radiesse®, Evolence™)
- IPL
- THERMAGE®
- MICRODERMABRASION
- DERMASWEEP™ MD
- CHEMICAL PEELS
- FACIALS, MASSAGES & WRAPS

HOURS OF OPERATION:

Monday & Friday (9am-5pm)
Tuesday, Wednesday, Thursday
(9am-8pm)
Saturday (9am-3pm)

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Save the date! Infinity Skin Care & Spa's
Spring Skin Seminar
Hosted by Kimberly Schulz, MD, Dermatologist

Thursday, April 9th (7:00pm - 8:30pm)
Coralville Marriott Convention Center

www.infinityskincareandspa.com

Join Dr. Schulz and our staff to learn about the newest skin care techniques and products.
Seminar only: Buy 2 syringes of filler*, get 1 FREE or buy 1 get 1 half-price!

Register for a chance to win! Raffle prizes will include:
Botox® & Filler treatments*, Fraxel®, Thermage® & IPL treatments, DermaSweep™ MD,
Chemical peel & LATISSE™ eye lash growth treatments!

*Must use all three syringes in same appointment.

*Product of the
Month: April*

15% OFF

TNS Illuminating Eye Cream!

Don't let the economy keep you from beautiful skin. Save on one of our best selling products, TNS Illuminating Eye Cream:

- Helps to reduce the look of fine lines and wrinkles.
- Improves and enhances skin texture.
- Helps eliminate the appearance of dark circles and puffiness.

