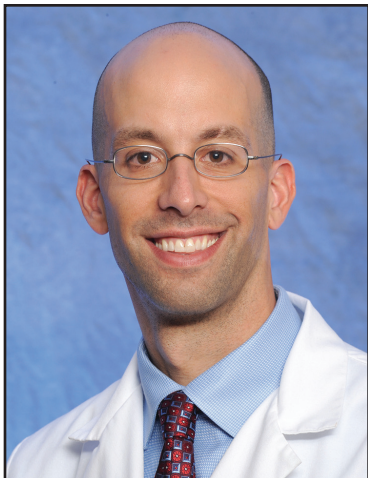


Health & Medicine

Rejuvenating Your Skin for a Healthy Look



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Maintaining healthy and attractive skin plays an important role in our confidence, social comfort, self-esteem and emotional well being as well as being a sign of our overall health.

The appearance of healthy skin encompasses many factors ranging from uniform skin pigmentation and a firm texture to the absence of wrinkles, loose skin, blotchiness, sun damage, age spots or superficial broken blood vessels. Yet, as we age, repetitive facial muscle movements contribute to the formation of lines and wrinkles. Other factors such as overexposure to the sun, diet and smoking can also affect and accelerate how our skin ages.

Laser (light amplification by the stimulated emission of radiation) and intense pulse light technologies have revolutionized the treatment of many cosmetic skin conditions to reduce wrinkles, redness, sun spots, acne scars, birthmarks, broken blood vessels, loose skin and uneven skin pigmentation. Skin rejuvenation with light-based treatments offers the opportunity to refine and improve your appearance, making your skin look and feel healthier and more youthful. Performed in the offices of a dermatology practice by experienced physicians, skin

rejuvenation treatments are effective and safe with minimal recovery time.

Flexible and targeted skin rejuvenation solutions

Light-based treatments have advanced significantly over the past decade in their ability to target and treat specific cosmetic skin conditions. There is a particular laser technology that provides the optimal treatment for vascular conditions such as facial spider veins or rosacea. Rosacea, a chronic condition characterized by facial redness and ruddiness across the cheeks, nose or forehead, affects both sexes but is almost three times more common in women.

A different light-based device targets red or brown skin hyperpigmentation, such as age spots or sun spots, and yet another light treatment is highly effective in removing unwanted facial, leg or bikini line hair. In all cases, the end result yields a more youthful appearance and diminishes signs of aging on the face, neck, chest, arms and hands, leaving the skin with a smooth texture and a more uniform complexion.

Laser and intense pulsed light treatments precisely target microscopic areas of the skin without affecting the surrounding skin. These treatments use tiny and intensely focused beams of light to breakdown damaged skin, uneven pigmentation or vascular skin conditions and stimulate the body's natural healing processes to produce collagen and new healthy skin.

Light treatments are a safe, fast and effective method for permanent reduction of unwanted hair, targeting hair follicles that are in an active phase of their growth cycle. Intense light pulses are absorbed by the pigment in the hair follicle for a fraction

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For 25 years, Windsor Dermatology has provided advanced medical dermatologic care from Board Certified physicians in touch with our patients' needs. The expertise of Windsor Dermatology's experienced team ranges from the treatment of skin diseases requiring sophisticated medical care to cosmetic skin conditions.

- Skin cancer is among the conditions we treat.
- Mohs surgery is a uniquely precise microscopic cancer removal procedure with cure rates of 99%.
- Matthew Halpern, M.D. of our staff is a highly skilled Mohs surgery specialist.

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of a second, just long enough to heat the hair and significantly impede the follicle's ability to regrow.

How these treatments are performed

A cool gel is applied to the area to be treated. During treatment, a smooth glass surface is gently applied to the skin, delivering precise pulses of light to the area being treated. Light-based treatments are usually pain-free, but an anesthetic cream may be used to numb the area if a patient experiences any discomfort. Patients typically compare the sensation of the treatment to a mild pinch or the snap of a rubber band which quickly fades.

Treatments usually last about 5 to 10 minutes and

many patients see improvement in one treatment. In some instances, a second or third session is needed for difficult spots or significant damage. Occasional follow-up procedures help maintain results. After treatment, patients can return to normal activities; however minor redness, swelling or bruising may last for several days.

Any woman or man who is concerned about the signs of aged or sun damaged skin is a candidate for light-based skin rejuvenation. It's important to note that many of the treatments are most effective when the skin is less tan, such as this time of year. To achieve the best results, these treatments should be performed several months before a major event. Patients

considering a light-based procedure should consult a dermatologist now to plan ahead for summer weddings and beach weather.

Dr. Brian Keegan is Board Certified in dermatology and serves on the physician staff of Windsor Dermatology in East Windsor, New Jersey. He received his M.D. and Ph.D. degrees from New York University and completed his dermatology residency at University of Miami Miller School of Medicine. Dr. Keegan has expertise in rejuvenation of solar damaged skin, skin cancer and geriatric dermatology. To learn more about Windsor Dermatology, visit www.windsordermatology.com or call 609.443.4500.

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