



Youth Renewed
Laser Skin & Vein Center
OF VIRGINIA

Newsletter

Dr. McDaniel in the news

Dr. McDaniel has recently been featured in *Cosmetic Surgery Times* about research on longevity & lifespan extension. The article focuses on the study of sirtuins – enzymes in our bodies which help regulate many cell processes such as fat and insulin metabolism which in turn control aging of cells. An ingredient isolated from red wine called resveratrol is thought to affect sirtuins and enhance longevity and have other health benefits.

A new synthetic derivative of resveratrol developed by Sirtris Pharmaceuticals and drug giant Glaxo Smith Kline is being tested to treat type 2 diabetes. Dr. McDaniel and his research team are working on a different project using antioxidants to extend the lifespan of living cells.



Dr. McDaniel is an invited speaker for the faculty at the annual meeting of the American Academy of Dermatology this spring. He will be lecturing about “Dietary Antioxidants and Anti-Aging” and “Aging Gracefully”.

He was featured in the December issue of *Allure* magazine regarding the benefits of fractional CO₂ laser skin resurfacing.

Dr. McDaniel just had a scientific paper published in the *Journal of Cosmetic Dermatology* demonstrating that a botanical mixture of skin bleaches produced similar improvement in fading brown spots and lightening uneven skin pigmentation as an R_x form of hydroquinone (the use of which is increasingly controversial). His co-author was Jessica Wu, MD a well known Beverly Hills dermatologist.

Dr. McDaniel also co-authored a chapter on LED Photomodulation in a new textbook along with well known laser surgeons, Robert Weiss, MD and Roy Geronemus, MD.

Dr. McDaniel serves on the medical advisory board for the new ‘Clinique Medical’ skin care line produced with Allergan - the creators of Botox®.

A Message from Dr. McDaniel

I hope this finds you and your loved ones healthy and your new year off to a great start! It seems to me that the holidays zoomed by even faster than ever this year.



I know the economy is probably foremost in many people’s minds these days – and with good reason. The challenges cause not only financial stress, but emotional stress as well. I have tried in this issue to feature a variety of non-surgical procedures with little or no downtime and without using the operating room or general anesthesia.

So whether you need to repair some of last summer’s sun-damage, want to look better when interviewing for a new job, would like to look less tired or simply need a little lift from the winter blues - here are ideas and information – including a section about how to look good on a budget.

So I hope you enjoy this newsletter. Our staff and I all wish you a great new year ahead!

Best Regards,

David H. McDaniel
David H. McDaniel, M.D., FAAD

Director, Laser Skin & Vein Center of Virginia
Assistant Professor of Clinical Dermatology & Plastic Surgery - Eastern Virginia Medical School

Looking Younger *Naturally*

non-surgical skin rejuvenation

Keep it Natural!

We've all seen the overdone lips and people with 'duck lips'. I am often asked how I prefer to 'do lips' and the answer is 'natural' plus I personally perform the filler injections. I like to restore and enhance *your* lips – so you look like a more youthful version of yourself, instead of someone you see in a magazine.

I can add some fullness and definition and still keep it natural. Best of all - the natural lip approach takes less filler so it saves you money to do natural rather than overly full lips!

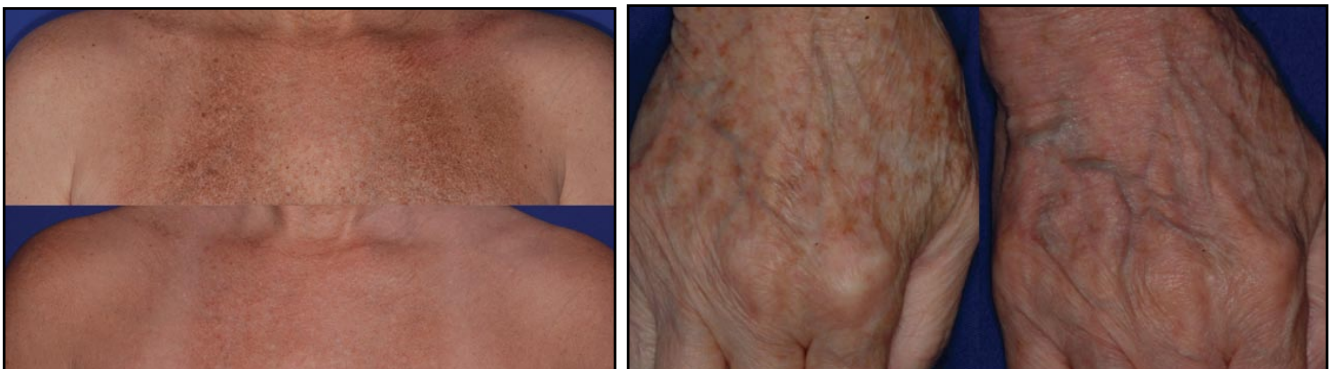
Evulence® is a newly FDA cleared filler although it has been in Europe since 2004. A new long lasting collagen filler, it does not require the skin tests of the past. Typically Evulence® does not bruise, has a low

risk of swelling and next to no downtime. It is used primarily for deeper folds and not lips. Dr. McDaniel was the first cosmetic surgeon in Hampton Roads to offer Evulence® beginning last year. (See Botox® photos below. Lips are Juvederm™)



Do Your Hands and Chest Give Away Your Age?

There have been some remarkable advances in recent years for treating sun-damaged, weathered, rough or splotchy uneven pigment on the chest and hands. We can also combine therapies to effectively treat crepey lines on the chest or thin skin on the hands.

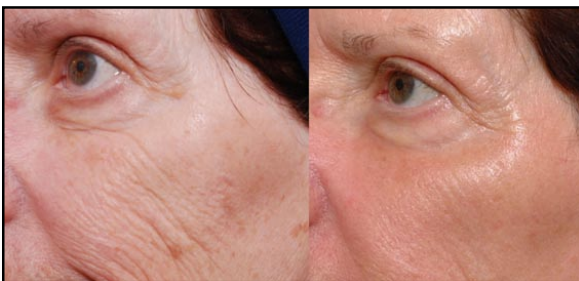


Looking Tired & Older Than You Feel?



Fraxel® CO₂ Laser

Continues to impress us all with the results on wrinkles, crepey or loose skin and skin discolored by uneven pigment or brown 'age' spots on the face. However, the neck, chest and even hands also respond well and these are areas that traditionally were difficult to treat safely and effectively. (Photos to the left are all Fraxel® CO₂ cases I have performed).



Facial Spider Veins, Redness or Rosacea?

We have a variety of laser and light treatment options that are typically very successful with little or no downtime and new topical therapies.

Get Ready for Spring and Swimsuit Season

Now is the time to treat:

- Spider Leg Veins
- Laser Hair Removal
- Cellulite



Research Study Volunteers Needed:

- Wrinkles, sun-damage or uneven pigment – face, neck or chest
- Frown lines between eyebrows
- Basal cell carcinoma on face, body or extremities
- Uneven pigment or brown spots – face
- Acne – adult acne on face
- Oral antioxidant supplements – aging face
- Rosacea – adults with acne rosacea
- Laser hair removal – hair on upper lip
- Loose or baggy eyelid skin

Call (757) 417-8300 for details or visit www.ia-ar.com





OSkin Care & Research News

Ingestible Skin Care

Oral anti-aging supplements (Often called nutraceuticals or nutricosmetics) are becoming more popular. You should look for a new oral CoffeeBerry® antioxidant supplement pill to become available this spring. Our research team is also testing the effects on the skin and aging of some new anti-aging supplements. Please watch for details on these in future newsletters.

Science of Why We Age

Did you know that most aging in the face is caused by:

- Collagen & Elastic fiber loss
- Volume loss of Fat and Bone.

Most patients we see have 'premature' aging caused by sun, tanning beds, smoking, poor diet, lack of exercise and many other causes.

Skin of Color

Fraxel Erbium laser continues to prove its worth and safety for acne scarring in darker skin. Also a new CoffeeBerry® Botanical Enzyme masque is working well for many people who have uneven, blotchy skin pigment.

The Hampton University Skin of Color Research Institute's new research building is about to complete construction and its opening should be around April 2009. Dr. McDaniel serves as co-director.

Creative Fillers

Did you know that we can 'reshape' noses with fillers? Or enhance your cheekbones? Plump thin skin on the back of the hands? Fill in sunken, hollow cheeks? Elevate your eyebrows? Visit Dr. McDaniel for a consultation to learn more about these options.

Fresh Eyes

- Non-surgical alternatives include Botox® for crow's feet and sometimes a little 'lift' to your brow.
- Fillers to enhance sagging cheeks or uneven eyebrows.
- Two new under eye creams (Revale Coffeeberry and Obagi Elastiderm) seem effective for some under eye problems.
- Radiofrequency Alma Accent non-surgical skin tightening which needs only a drop of baby oil and no anesthesia.


Beauty on a Budget

- **Brighten your skin's radiance** to restore that youthful glow. Try the new CoffeeBerry® Botanical Enzyme Masque, microdermabrasion or GentleWaves LED for quick, simple, affordable treatment options.
- **Get a make-up consultation** – most people don't really optimize their make-up. This is an easy way to improve your appearance.
- **Choose non-surgical options** when possible. Postponing surgical options (when appropriate) also saves the expenses of the operating room and anesthesiologist - plus it saves taking time off work.
- **Take advantage of our special offers.**
- **Don't worry!** It causes frown lines and doesn't change things.
- **Do a special kindness for someone else** and put a smile on two faces – yours and theirs!

*Buy One at Regular Price and **Get One For 1/2 OFF****

- | | |
|---------------------------------|---|
| 1. Revale Day or Night Cream | 5. Prevgae MD |
| 2. New Vivite Vibrance | 6. Revale Intense Recovery |
| 3. Obagi Elastiderm Eye Therapy | 7. Phloretin CF Antioxidant Cream |
| 4. A.G.E. Interrupter Cream | 8. Priori Hand & Body Revitalizing Lotion |

**Regular fees 1. \$109, 2. \$119, 3. \$95, 4. \$146, 5. \$105, 6. \$130, 7. \$150, 8. \$45. If multiple products are selected then the 1/2 off discount applies to the lower priced item. Offer expires March 31, 2009*



New Products & Procedures

New FDA Approval for Latisse

In late December the FDA cleared Latisse for increasing the growth of eyelashes, making them longer, thicker and darker. This product really works! The drug was originally FDA cleared for glaucoma and then it was discovered that it grew eyelashes. A simple daily use disposable applicator will be available by early spring as an Rx for home use.

Also newly FDA cleared is the Accent Radiofrequency non-surgical treatment for tightening eyelid skin without surgery. We are doing clinical research with this device.

Expected in 2009 – FDA clearance of Reloxin® (known in Europe as Dysport) as a competitor for Botox®. Stay tuned for more news on this and topical botulinum toxin from Revance.

A.G.E. Interrupter cream represents a new class of anti-aging skin care creams which help fight and reverse glycation which is a process caused by sugar molecules that results in premature aging of the skin. Available in our office now.



Increase the length of your lashes...really!

Special Winter Savings Offers

Give a gift to yourself... or a friend for Valentine's Day

Refresh & Rejuvenate! Botox® - \$100.00 off *

Juvederm™, Restylane®, Radiesse™, Evolence®, Perlane®, Cosmoderm®

Dermal Fillers - \$100.00 off first syringe (0.8 – 1.3 cc)**

Note: Typically one syringe is sufficient for most patients, but if a second syringe is needed for more complete correction of wrinkles, furrows or scars \$100.00 off second syringe (0.8 – 1.3 cc)**

Combination of Botox® & any Filler above same day - \$225.00 off***

Dr. McDaniel will personally inject your Botox® and/or filler. Our nurses are also available for your Botox® treatments – (one of our team can usually accommodate short notice or same day requests for Botox® treatments).

Hurry, these offers expire March 31, 2009

*Special Winter offers are not valid with any other offers. *Regular fees range from \$398 to \$598 depending on the number of anatomic areas treated (eg. crow's feet or frown lines or forehead lines). **Regular fees typically are \$518 per syringe (except for Cosmoderm® which is \$437 and for Radiesse™ which is \$775 per syringe). ***Fees generally \$1,116 but may be lower or higher depending on quantity used.*

Gift Certificates are Available for Your Friends too!

Help Someone in Need and Help Yourself Too!

*Bring in a bag of groceries for the Foodbank and choose a
FREE skin care product!*

We have a big basket filled with a variety of products ranging from about \$25.00 - \$95.00 retail sales price from several major brands and companies for you to choose from (no substitutions of products – while supplies last - we have at least 70 products right now to choose from but call first - limit two bags/two products per family please).

Your groceries will go to the Foodbank of Southeastern Virginia. Canned goods and non-perishable items please. (Note: canned fruit, canned vegetables, canned meat and tuna are most wanted – as is cereal and pasta – and wouldn't you know it – good ole peanut butter!).



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