

Youth Renewed  
**Laser Skin &  
Vein Center**  
OF VIRGINIA

# Newsletter

## *A Message from Dr. McDaniel*

I hope this finds you and your family in good health and preparing for a great summer season ahead. I have included some tips in this newsletter that I trust will help you protect your skin as well as our overall health as you enjoy the summer weather.

We have some changes to announce: the further expansion of our non-surgical skin rejuvenation program. When I began this transition a few years ago, I was confident that the FDA would clear technology then in development that would transform the non-surgical treatments in both efficacy and safety.

That has now come to pass and the final major piece of this new technology is available – a new form of fractional laser skin resurfacing.

This is a major advance from the past 10 or 15 years and I am very excited and pleased to offer this. We have been preparing for this for some time and have expanded and altered our skin care program to support this. See inside this newsletter for more details.



I wish you and your family a safe and wonderful summer full of fun and good health (and no sunburn!).

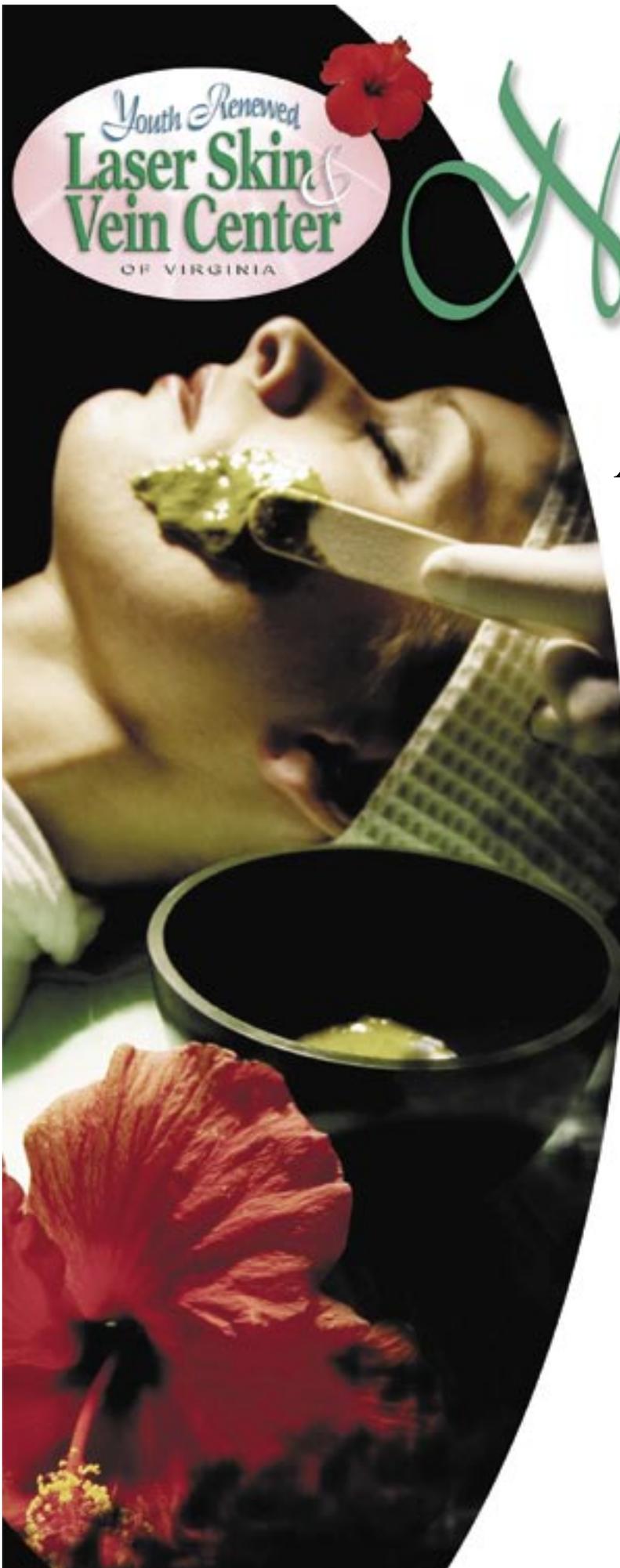
Best Regards,

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

Director, The Laser Skin and Vein Center of Virginia

Assistant Professor of Clinical Dermatology & Plastic Surgery  
Eastern Virginia Medical School

25  Years





# kin Care & Research News



## Dr. McDaniel in the News

Dr. McDaniel was the cosmetic surgeon selected by Allure magazine for their "Influencers" issue for March 2008. There is a special 2-page featured interview with Dr. McDaniel regarding Botox® and Anti-Aging as well as a section about his top picks for skin rejuvenation creams.

Dr. McDaniel was a national guest speaker for the skin rejuvenation symposium at the annual meeting of the

American Society for Laser Medicine & Surgery in April and a roundtable on antioxidants during the annual meeting for the American Academy of Dermatology in February.

*Look for interviews to appear in Prevention, Better Homes and Garden, Allure, Women's Health and Self.*



**Botox® Cosmetic** continues to be one of the most popular anti-aging treatments – for good reason. Watch for FDA clearance of a competing product later this year - Botox® is still the 'gold standard'.



Not all **IPLs** are created equal so the results and total number of treatments may vary considerably – we typically do two or three treatments.

Do you have unwanted blonde **facial hair**, peach fuzz or grey or white hairs? These problems have not responded to laser hair removal, but a new topical lotion that contains a substitute for our own melanin can be used to help treat some patients – it is being released this spring and we helped evaluate it and have seen results – call for a complimentary consultation with one of our nurses or estheticians to see if you are a candidate for this treatment.

We have expanded our anti-aging services in our medical spa and have several great procedures – call us for details.



The FDA recently cleared the GentleWaves LED device which Dr. McDaniel invented as the first home use light-based device to treat wrinkles (not available yet, stay tuned).

## Institute of Anti-Aging Research News

**Research Study Volunteers**  
We are currently recruiting for:

- Rosacea
- Cellulite
- Botox

*Call Anna at 417-8300 or go to [www.ia-ar.com](http://www.ia-ar.com) for more details.*



# Looking Younger *Naturally* *non-surgical skin rejuvenation*

## Fractional Laser Skin Resurfacing

- *Wrinkles*
- *Age Spots*
- *Sun Damage*
- *Acne Scars*
- *Skin Tightening*
- *Face*
- *Eyelids*
- *Neck*
- *Chest and Decollete'*
- *Hands and Arms*

Every once in awhile, something really dramatic comes along in cosmetic surgery. Years ago it was CO2 laser skin resurfacing – a treatment that many cosmetic surgeons to this day still believe is one of the best skin rejuvenation therapies of our time. However the long recovery times, need for anesthesia, and many cases of improper techniques which resulted in scarring and other complications caused it to fall into disfavor despite excellent results in most cases.

Treatments shifted to the Erbium laser which might be aptly described as 'CO2 light' with many good results, but without the skin tightening which made CO2 resurfacing so outstanding.

In an effort to shorten downtime and switch to topical anesthesia creams, fractional laser resurfacing was born – we had one of the first Fraxel lasers and have had great success and safety with this device – especially with the second version of Fraxel. It has helped acne scars, wrinkles, uneven skin pigment and has been safe to use on chests, arms, hands, and skin of color – but tightening of the skin and deep lines and wrinkles has not generally been possible and most patients received an average of four treatments.

Now CO2 fractional resurfacing has finally become available. While there is some downtime (typically 2 – 4 – 6 days depending on technique used) most patients need only one treatment and skin tightening is now possible. Eyelids and non-facial body parts are also treatable – and that can be combined with the current Fraxel, IPL and radiofrequency skin tightening we offer to finally produce very comprehensive skin rejuvenation – without cutting or general anesthesia! This does not replace Fraxel but rather is the 'missing link'. Come see me for more details.



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## Charity News

As you may know from the news, there was considerable political upheaval and this created problems in Kenya in recent months. I am pleased to report that all the doctors and personnel at the locations where our GentleWaves was sent are safe and secure. We are currently working on placing a second site somewhere internationally.

# Medical Spa Updates



**Did you know** we have three laser skin care nurses and two estheticians who have Master Esthetician licenses? Here is a partial list of some of the treatments available from our physicians, nurses or estheticians:

## Menu of Services

### Special Facials & Peels For:

- Sun Damage
- Uneven Pigment
  - Rosacea
  - Adult Acne

- Digital Skin Analysis
- Skin Antioxidant Evaluations
- Laser Hair Removal

- Spider Leg Veins
  - Botox®
  - Juvederm™

- Restylane®
- Radiesse™
- Perlane®
- Cosmoderm®

## Summer Sun Tips

Time to plan your sun protection regimen for the summer, watch for more news about the dangers of UVA1 rays (the 'A' or Aging Rays). The SPF number on sunscreens is for the 'B' or Burning Rays). You need protection from BOTH the A & B rays.

Taking proper dosages of oral vitamin E and lycopene (one of the antioxidant substances which makes tomatoes red) may also increase your resistance to sunburn and sun damage.

## FDA Clears Tria Laser Hair Removal Device for Home Use

A device called Tria is the first personal cosmetic laser to be sold in the US according to Rhonda Rundle's feature article in the Wall Street Journal on April 1, 2008. Large areas such as legs or back are best performed in offices. Laser hair removal treatments with Tria works best in small areas like bikini lines, under arms, or lower legs. Treatments begin with a push of a button and contact with the skin. Then beeps tell you when to move on. Tria will be available at a few dozen cosmetic surgeons' offices beginning in May for \$995.00 and we have been selected as one of these sites. Call Kim or Uli now at 437-8900 to reserve your unit.



*NOTE: Information about available procedures is not a promise or guarantee of results as outcomes may vary and some patients may not be candidates for certain procedures or products.*

# Anti-Aging News

## *Tips to Protect Your Family's Health*



**Read your labels** – Antioxidant fruit juice drinks have become very popular – deservedly so, but some do not contain what you might think, the gold standard for labels are ‘100% juice’ or ‘100% pure’ – Beware of ‘cocktail’, ‘drink’, or ‘beverage’ as they have less than 100% and possibly as little as 5%. Even worse ‘high fructose corn syrup’ may be added which can play a toll on diabetics and obesity and which sadly is becoming more and more common in many beverages. Also watch the order of ingredients – one popular 100% juice has blueberry, pomegranate, and cranberry prominently unlabeled (FYI these are great antioxidants) but the ingredient label lists grape juice and red apple juice before the desirable juices.

**Plastic hazards** - I have been discussing for years the potential hazards of certain plastics in foods – you may have read the recent news about exposure to skin care products. Right now it seems prudent to minimize or avoid exposure to BPA (bisphenol A) – so look for BPA free plastics such as polyethylene or choose glass or stainless steel (Tip: recycling codes are present on many containers with BPA may have a ‘7’ or ‘PC’ or both on labels).

**‘DASH Diet’** – A study of 88,000 women over 25 years of age (Nurses’ Health Study) found 24% fewer heart attacks and 18% fewer strokes related to a diet containing twice as many fruits, vegetables and grains as the average person’s diet (Archive of Internal Medicine, 2008).

### **Increase your intake of:**

- Fruits (especially highly colored ones)
- Vegetables
- Whole grains, legumes, nuts  
(watch calories in some nuts)

### **Decrease your intake of:**

- Dairy (especially high fat)
- Sweetened beverages  
(especially high fructose)
- Red and processed meats



## *Wedding-Anniversary-Skin Fitness*

### **SUMMER SKIN REPAIR PROGRAMS**

Rejuvenate & Refresh with **\$100 OFF** a combination of Botox®, Juvederm™, Radiesse™, Restylane®, Perlane® or Cosmoderm® for an “Instant Lift”. (Minimum of \_\_\_ units of Botox® and 0.8cc syringe of filler)

\_\_\_\_\_ Instead you may choose: \_\_\_\_\_

Receive a gift certificate for a **FREE** Facial Microdermabrasion and GentleWaves Classic Facial treatment (\$209 value).

Pick up your VIP card for Botox® alone for **\$25 - \$75 OFF** for up to three treatments performed during 12 months.  
(call for more details)

Buy a series of 5 skin care treatments and get the 6th one **FREE** for Laser Hair Removal, Microdermabrasion, GentleWaves or Esthetician Skin Peels.

**Gift certificates** are available for your friends too!

*HURRY! These offers end July 31, 2008*

# Summer Sun Advice

“Using a combination skin treatment of a super potent topical antioxidant and a broad spectrum sunscreen which protects skin from UVA1 rays can be one of the most effective ways to protect yourself from environmental damage and premature aging of your skin.”



David H. McDaniel, MD, FAAD

*See Inside for  
Special Summer Savings Offers!*



933 First Colonial Road . Suite 114  
Virginia Beach 757.437.8900  
[www. LSVCV.com](http://www.LSVCV.com)

