

# THE SKINCLINIC

LASER COSMETIC DERMATOLOGY & SKIN SURGERY

102 Maamary Street, Specialty Clinic Center, 12th floor  
 Clemenceau, Beirut-Lebanon

## Summer is over... Now what?

Most women and men indulge in excessive sun exposure during the spring and summer months, increasing year after year their baggage of sun damage particularly over the face, neck, décolleté and exposed extremities. A dull, dehydrated skin is the usual after-effect of the "healthy tan", and in older people, sun spots, wrinkles, broken capillaries and possible skin cancer may also develop.

At The Skin Clinic, your skin rejuvenation consultation starts with a clinical examination and a VISIA® evaluation to digitally measure and document the existing damage, and simulate future damage.

For superficial damage, light chemical peels and mesotherapy will rejuvenate the skin, and restore its glow, while laser peels with the unique Pearl® laser are recommended to remove fine lines, superficial spots and tighten skin at the same time. For those with dark sun spots, commonly on the face, décolleté or hands, the Q-Switched Alexandrite laser is used to peel them off individually within few days.

Maintenance therapy with home-based skin care using, as indicated, La Peau, Cellex-C, or other products such as retinoids, as well as sunscreens, is always recommended to follow through with any in-clinic treatment. The end result is glamorous healthy skin, and of course, happy patients!

## VISIA®-Comprehensive Digital Skin Analysis

VISIA® skin analysis is a combination of specialized photography techniques and computer software that helps generate images of the skin that will allow us to evaluate various imperfections, as if examining them under a microscope and precisely quantifying the changes seen. This will allow us to look at

brown or red spots, wrinkles and pores and even bacteria on the skin. VISIA® helps evaluate what we can visibly see with the naked eye, and also give us an indication of what is beneath the surface that is eventually going to be showing in later years. The VISIA® skin analysis will be carefully reviewed with you. A

visual report is given that shows a series of photograph; as well as explanations for each type of photograph. This will allow you to understand the different types of suited treatments as well as monitor your overall progress. An accurate simulation of the effect of aging on your face is also done.

## NEWS & EVENTS

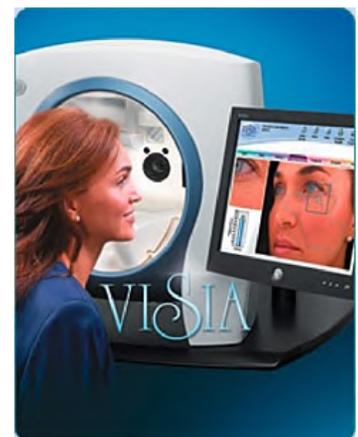
### What's NEW

> **Neograft device**  
*FUE (Follicular Unit Extraction) Hair Transplant without scars*

> **ULTHERA**  
*Skin tightening therapy*

### Inside this issue:

<b>Ulthera , the latest skin tightening technology</b>	<b>2</b>
<b>La Peau and Cellex-C</b>	<b>2</b>
<b>Neograft, hair transplantation made simple</b>	<b>3</b>
<b>The right candidate for hair transplantation</b>	<b>3</b>
<b>Laser hair removal</b>	<b>4</b>





## Ulthera: The latest advance in skin tightening

### What is Ulthera?

Our faces can tell many stories, and while wrinkles might say 'experience', droopiness can say 'tired'. Surgery has always been an option, but now there's Ulthera, a noninvasive ultrasound treatment for counteracting the effects of time and gravity on your skin. The beauty of the 30-minute Ultherapy procedure is that it uses the body's own regenerative response to gently and gradually restore tightness to the skin and underlying tissue support.

### How is this procedure different than other non-surgical skin tightening procedures?

Ulthera is the only skin rejuvenation procedure that uses ultrasound for non-invasive skin sculpting. The ability to use such a trusted technology helps ensure both safe and satisfying results.

### What does it feel like?

Many patients describe the sensation as momentary prickling or heat beneath the skin. This is the ultrasound energy being delivered into the tissue, which is how Ultherapy lifts and tightens the skin.

### What to expect afterwards?

Patients are able to return to normal activities right away. The skin may appear a bit flushed immediately after the treatment, but any redness should disappear in a matter of hours. Some tenderness is felt for up to a week indicating the treatment is working.

### How does the Ultherapy procedure work?

As with other ultrasound procedures, a smooth applicator placed upon the skin projects an image onto a screen that allows your practitioner to plan where the energy will be directed. This same applicator is then used to deliver low levels of focused heat at just the right depth below the skin to achieve a positive effect, all the while leaving the surface of your skin undisturbed. Your skin's response to the energy is to stimulate the growth of new collagen. A gradual tightening occurs, resulting in a natural lift of the skin over time.

### What kind of results can be expected?

With just one treatment, the regenerative process is initiated, but the full effect will build gradually over the course of two to three months. In the FDA clinical trial, nine out of ten patients had a noticeable, significant lift of the brow line with a single treatment. This resulted in reduced skin laxity on the eyelid and a more open, youthful look to the eyes overall. Patients reported firmer, tighter, better-fitting skin in other areas of the face and neck as well. There isn't a noninvasive way to produce the dramatic effects of surgery, but finally there is a non-invasive approach for significant skin tightening and actual lifting.

### Who is a good candidate for Ultherapy?

A good candidate for Ultherapy is someone with skin that has "relaxed" to the point of looking, and often feeling, less firm. A lowered brow line or sagging skin on the eyelids, for instance, is often the first sign of "maturing" skin.

*"After the Ultherapy treatment, my skin looked firmer...it felt tighter."*

*"The sagging I had noticed before was eliminated."*

### Ulthera Results after 1 Treatment



## LA PEAU and CELLEX-C: Exclusively at The Skin Clinic

**LA PEAU** the complete anti-oxidant set in a simple trio: Day, Night and Eyes.

The product skincare range uses the enriching B<sub>5</sub> Cell complex in all its formulations and contains no animal substances.

The visual results are compelling: after 28 days of daily use of **LA PEAU** products, the skin looks dramatically smoother & firmer. All 3 products have the same fast absorbing, non-greasy texture that restores the elasticity of the skin while delaying its aging process.

**Cellex-C** is designed to help the skin look, act and feel younger, **Cellex-C** products use an innovative, patented composition of minerals and vitamins to heal damaged skin and improve the look and quality of aging skin.

**Cellex-C's** vitamin C products contain a complex of ingredients including L-ascorbic acid, tyrosine, and zinc, which work synergistically to encourage a firm, youthful, elastic quality in the skin.





# The New Neograft Device (F.U.E) Hair Transplant

## NEOGRAFT



The Neograft Hair Transplantation device is an Automated Follicular Unit Extraction (F.U.E) technique, using micro-instruments to remove follicular units, which makes surgery simpler, faster, and less debilitating for the patient. The hairs taken are immediately sucked up into a sterile catheter and transferred to a small hand-piece that pushes the hair into a small reception orifice by simple pressure.

Dr Touma has over 13 years experience in advanced hair transplantation and is very excited about the refinements this new technique has brought.

### Advantages of Follicular Unit Extraction (F.U.E)

- Less invasive, no strip removal
- Reduces operating time
- No visible scars
- Little or no post-operative pain
- Patient can choose the number of hairs transplanted per session
- No general anesthesia
- Suitable for males & females

## Hair Loss

Over 40% of men have noticeable hair loss by age 35 and 65% by age 60. In the United States alone, hair loss affects about 40 million men and 20 million women. Hair loss occurs when the rate of shedding exceeds the rate of re-growth; when new hair is thinner than the hair shed or when the hair falls out in patches.

### Patterns of hair loss:

1. *Androgenetic Alopecia* represents about 90% of all hair loss and is due to the hormone dihydro-testosterone (DHT). It is best treated with hair transplantation.
2. *Telogen Effluvium*, which occurs 2-4 months after childbirth or from acute illness, crash dieting, physical and emotional stress is reversible with medications
3. *Alopecia Areata* involves hair loss in one of more round spots on the scalp, caused by an abnormality in the immune system it is treated medically.

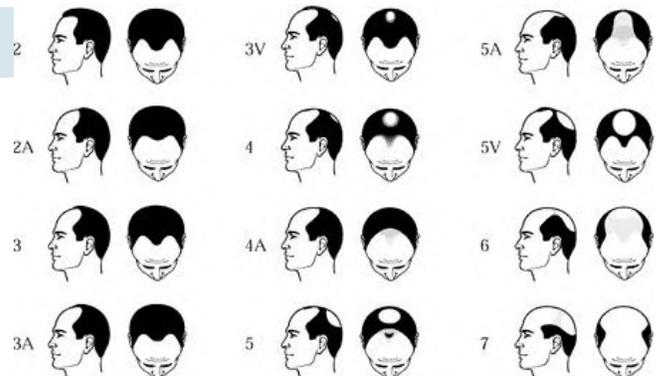
### What is Hair Transplantation?

The most common and most reliable surgical treatment for hair loss is hair transplantation. Nearly 300,000 procedures are performed annually in the United States. The basis for hair transplantation is that when hair is taken from donor areas where hair continues to be abundant, such as the back of the head and is implanted in areas of hair loss, the transplanted hair will maintain the characteristics of the donor area and will continue to grow. Neograft Automated Hair Transplantation is the latest, fastest and least invasive advance in the field.



## Are you a good candidate for hair transplantation?

All patients must undergo a hair transplant consultation to ultimately determine their candidacy for hair restoration surgery. In general, a good hair transplant candidate has good supply of hair in the donor area, good donor skin laxity, and realistic expectations.



## Laser Hair Removal: GentleLASE from Candela

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### **The Premier Laser for Hair Removal**

The GentleLASE provides permanent hair reduction for fair to olive skin types. This laser system is fast, versatile, and easy to use. The GentleLASE has one of the largest hair removal spot size in the industry, and is the best selling hair removal laser in the U.S.

### **Laser Procedures with No Downtime**

The Candela's GentleLASE is the only laser that uses

the Dynamic Cooling Device (DCD) to protect and cool the skin during the laser procedures.

DCD maximizes patient comfort and epidermal protection by delivering a shot of cryogen to the skin prior to each laser pulse.

DCD eliminates the need for cooling gel and topical anesthesia, and permits quick patient treatments and

fast recovery. (The back can be treated in 20 minutes).

*While at Boston university, Dr Touma did the research study that won this laser its FDA-approval. He has over 12 years experience using the many generations of this laser.*

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## Dany Touma M.D., Founder, The Skin Clinic

Dr. Touma, obtained his Medical Doctor diploma from the Lebanese University School of Medicine in 1991 and subsequently trained in medicine and then dermatology at Boston University and Tufts University in Boston, Massachusetts in the U.S. In 1998, he obtained a specialized Fellowship in Laser and Cosmetic Dermatologic Surgery and Mohs Micrographic Surgery for Skin Cancer at Boston University.

Between 1998 and 2000, Dr. Touma was director of Dermatologic Surgery at the Roger Williams Medical Center in Providence, RI, and in 2000 he became director of the Boston University Center for Cosmetic and Laser Surgery and Chief of Dermatology of the Boston VA Health System. In 2004 Dr. Touma moved back to Beirut and established his private practice, while maintaining his position at Boston University as Adjunct Associate Professor of Dermatology. In 2008 he established The Skin Clinic as a center of excellence in dermatology, dermatologic surgery and skin rejuvenation.

Dr. Touma has done major research in the area of laser hair removal, especially studying ways to decrease pain and side effects of treatment, and in the area of photodynamic therapy for precancerous lesions and skin rejuvenation. His main clinical expertise is in the field of cosmetic and laser dermatologic surgery, liposculpture, and treatment of skin cancer. He has performed over 15,000 cumulated surgical and cosmetic laser and skin cancer cases, and has trained many physicians around the world in those procedures.

Dr. Touma has edited a book on the treatment of skin cancer, has published over 18 articles in American medical journals, and lectures regularly around the world. He has been the guest of many TV channels in the U.S, in Lebanon and the Middle East. His full CV can be viewed on [www.drdanytouma.com](http://www.drdanytouma.com)



[www.theskinclinic.com.lb](http://www.theskinclinic.com.lb)