

LOOKING AND FEELING YOUR BEST

Vol.1, Issue2

Shoreline Dermatology Laser and Cosmetic Surgery

www.cosmeticlaser.com

Robert Langdon, MD

Want to Lose Weight? Try Milk!

The role of calcium in maintaining healthy bones has long been known. Recently, a study conducted by nutritionists at Purdue University concludes that a diet high in calcium contributes to reduction in or maintenance of body fat.

In a two-year study, 54 women (ages 18 to 31) who consumed less than 1,900 calories a day and who had at least 780 milligrams of calcium (the amount in nearly three glasses of milk) either reduced or maintained their body fat.

However, women who consumed less than 780 milligrams of calcium a day gained body fat. The women in the study were within normal weight ranges and followed no special diet.

Women whose source of calcium was dairy products (at least 1,000 milligrams a day), rather than non-dairy products or calcium supplements, benefited most from this diet.



Dear Valued Patient and Friend,

Welcome to the second issue of our newsletter. We hope you're enjoying it. If you think of any friends or colleagues who would like a copy, let us know and we'll send them a copy with your compliments.

Well, there's a lot inside this issue, so let's jump right in...

Inside this Issue...

Topical Vitamins.....	2
Liposculpture.....	3
Health Quiz.....	4
Referral Program.....	4

The recommended amount of calcium for adults under age 50 is 1,000 milligrams daily and for adults over 50 years of age, 1,200 milligrams daily. The body can absorb up to 500 milligrams of calcium in a diet at one time but at higher levels cannot absorb much more than this amount. Thus, one should divide calcium intake throughout the day—rather than consuming one large amount at once—to assure efficient absorption.

Improving Skin through Topical Vitamins

In the previous issue of *Looking and Feeling Your Best*, we discussed vitamins in your diet that are important for maintaining healthy skin. In this issue, we will discuss two vitamins that can improve the skin via the topical route (applied directly to the skin surface): vitamins A and C.

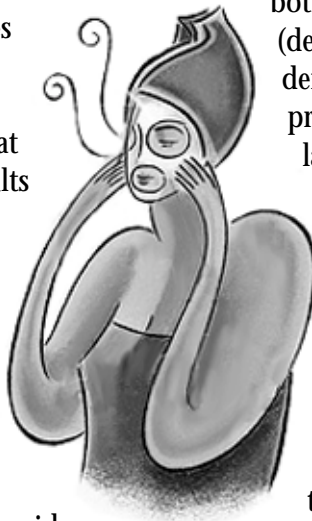
Topical Vitamin A: A Help for Both Wrinkles and Acne

The original topical vitamin proven to have a beneficial effect on the skin was vitamin A. Various forms of vitamin A are referred to as retinoids. The first therapeutically effective retinoid was tretinoin (Retin-A®), used since the 1970's for treating acne. Retin-A® helps acne by causing *desquamation* or flaking off of superficial skin cells. This effect results in cleaning out of clogged pores or comedones, which are the primary problem that leads to acne.

In the 1980's Retin-A® made headlines as a treatment for fine facial wrinkles. Improvement in wrinkles was documented in clinical studies carried out at the University of Michigan; these results were widely reported in the media. There was even a Doonesbury cartoon about Retin-A! Tretinoin improves wrinkles by increasing the skin's collagen content. Another benefit of Retin-A® is to lighten the color of brown age spots on the face.

Unfortunately, many people experience side effects of Retin-A®, especially irritation and over-drying of the skin. Renova® is a newer version of tretinoin in a more moisturizing cream base, which helps counteract the drying effect of tretinoin.

In the past few years, alternative retinoids have come on the market. These include Differin® (adapalene) and Tazorac® (tazarotene). These



medications are applied as gels and are used mainly as acne treatments. They are not as effective as tretinoin for reducing fine wrinkles and brown spots. Also recently introduced is Retin-A® Micro gel, a version of tretinoin formulated to be less drying than the original Retin-A® cream.

All of the above retinoids are prescription medications. There is now a retinoid that does not require a prescription: retinol. This vitamin A derivative is available in a new product from DCL called *Profoundly Effective "A."* This product has efficacy in improving both fine wrinkles and brown spots, without the irritation of prescription retinoids. We are now offering the *Profoundly Effective "A"* formulation in our aesthetics center.

Topical Vitamin C: An Anti-Oxidant in a Serum

The other major topical vitamin for cosmetic improvement of the skin is vitamin C. This powerful antioxidant is beneficial to the metabolism of both epidermal (superficial) and dermal (deeper) skin cells. Vitamin C is required for dermal cells to produce collagen, the skin's predominant protein. A thicker collagen layer results in diminished wrinkles.

Problems with both stability and absorption limit the effectiveness of topical vitamin C; optimal preparations use special additives to improve absorption through the skin but should be used within three months of opening the container. *C-Scape Serum*, a DCL product available at our office, is one of the best. This serum should be applied liberally to facial skin twice-a-day.

Other Topical Vitamins

Vitamin D in cream form has effects on the skin, although only as a treatment for psoriasis. The medication is called Dovonex®. Topical Vitamin E has long been recommended to help prevent scars, but controlled studies have concluded that it is not effective for this purpose.

At Last, You Can Have A Slimmer, Trimmer and Sexier Body

Although we have been discussing weight loss and working out, sometimes you need a little help with those “trouble areas”—fat that just will not go away no matter what you do.

Fat deposits can be stubborn because your body's shape is mostly predetermined by your genetic makeup. In fact, this type of fat usually does not respond to exercise or dieting.

However, now there is a way to permanently remove stubborn fat from your hips, torso, arms, thighs or derriere: tumescent liposuction.

Every day thousands of people, just like you, are turning to liposuction as a solution: a way to help you get a trimmer, leaner, better-looking body — and to keep it that way for good.

Liposuction, also known as liposculpture, is a gentle suctioning procedure that removes excess fat. The tumescent technique was developed by dermatologists in the early 1980's and is by far the safest method to eliminate unwanted body fat and achieve improved body proportions.

Dr. Langdon has developed an even better method called “Pure Tumescent Liposuction,” which is so gentle that it is virtually painless and requires no additional medications other than local anesthetics. He has taught this procedure to other physicians at national meetings such as the American Academy of Dermatology.

Here is How It Works

After the fatty areas are numbed, small incisions (about 1/8” in length) are made in the skin. Then, a narrow, hollow, blunt-tipped instrument (cannula) is inserted through the incisions and connected to a suction unit.

As the suction cannula is moved back and forth, it draws out the unwanted fat, while the blood vessels and nerves leading to the skin remain unharmed. The removal of fat is accomplished by the suction cannula creating tiny passages through the fatty layers. Then, after the surgery, these tiny passages collapse, resulting in an improved body shape.

It is surprising that little weight is actually lost, but dramatic changes in your silhouette and body shape are often possible. The cosmetic success of

continued on page 4

A patient before and after tumescent liposuction by Dr. Langdon...



A Slimmer, Trimmer Body, continued...

liposuction is based on removing inches not pounds.

Here are a few comments from actual patients who have had liposuction by Dr. Langdon:

“After a lifetime of hiding my thighs or wearing extra baggy sweaters, it’s great to go to my closet and know everything will look good on me....

Thanks for helping me age more gracefully!”

Janet R

“I exercised 1 1/2 hours every night and ate a low fat diet and I still had legs that were too heavy.... tumescent liposuction was the best approach!”

Debbie L

To find out more about this exciting procedure, and if liposuction is right for you, give our office a call at (203) 245-2399. Or you can get a free special report entitled *The Truth About Liposuction: What Every Patient Needs To Know* by calling 1-888-851-7209, extension 311, for a free recorded message anytime 24 hours-a-day.

.....

Health Quiz

Congratulations to *Cynthia McLehman*. She is one of the winners of last issue’s contest question. She has won a *gift certificate for a \$5.00 discount off of any product or service from our Aesthetics Center*.

Last issue’s health question was the following:

Q: What condition has regularly taking a sufficient amount of Vitamin A been proven to prevent?

A: Night Blindness. Vitamin A combines with the retina’s red pigment to form rhodopsin, which is needed for sight in poor visibility or low lighting conditions.

Referral Reward Program

Our practice continues to grow through your positive referrals to others. We want to thank everyone who has generously shared their “beauty secrets” with their friends, neighbors and colleagues.

Right now, we would like to especially thank and recognize the following valued patients for their referrals:

- Patricia Davis
- Heidi Haslam
- Donna Holland
- Anne Marie Quinn
- Kim Sauro

Thanks so much for thinking of our practice.

Take a look at the enclosed insert with your newsletter issue to find out how you can earn great gifts just for sending your friends a free gift of beauty. We really like this program because we would much rather reward you than pay for expensive advertising or marketing.

Now For This Issue’s Health Quiz Question...

Q. How many ounces of water do experts recommend that you drink daily to stay healthy and help your body perform all of its necessary functions?

Send in or call (see phone number below) with the correct answer and win a *free prize*. The answer will be revealed in the next issue (or if you can’t wait, check out our website at www.cosmeticclaser.com for the answer).