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Refresh
&
Rejuvenate

Laser Treatment of Wrinkles – Advanced Laser Resurfacing

By Dr. Buscaglia – President & Medical Director,
Board Certified Cosmetic Dermatologist & Phlebologist (vein specialist)

Laser skin resurfacing was FDA approved in 1993. Since that time, we have made significant advancements in permanently reversing sun related wrinkles with laser treatment. Patients now have many choices with regard to the degree of improvement and the length of recovery time required, if any.

For mild rejuvenation of sun-induced wrinkles, the Fraxel “Re: fine” and Fraxel “Re: store” lasers are used. Both of these lasers use “non-ablative” laser energy in which the surface skin remains intact. In other words, laser energy and heat is applied to the collagen layer of the skin

without disrupting the surface at all. Patients leave the office with pink, slightly puffy skin and can resume normal activity within 1-3 days. These treatments reverse sun related wrinkles over a series of visits to minimize or eliminate recovery time.

The next level of laser resurfacing is achieved with the Sciton Profractional laser or the Fraxel “Re: pair” laser. Both of these lasers are used for moderate facial, neck, hand or chest wrinkling with more dramatic results than are seen with the Fraxel “Re: fine” and Fraxel “Re: store” lasers. The advantage is that patients generally

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Medical
TESTS
for Women Over Age 40

As women age, their chances for disease increase. However, if detected early, many diseases, including many early stages of cancer, can be treated successfully. Therefore, it is especially important that women maintain good physical health by maintaining a well-balanced diet, exercising, and receiving regular medical tests.

The type and frequency of medical tests a woman should have depend on her age and often other circumstances, such as a family history of diseases. This article summarizes the necessary medical tests for women over age 40.

- **Pelvic exam:** A physician-performed pelvic exam should be performed each year.
- **Pap smear:** A physician-performed Pap smear should be administered each year to screen for cervical cancer and cervical abnormalities.
- **Mammogram:** A mammogram, x-ray exam of the breast, should be performed each year beginning at age 40.
- **Clinical breast exam:** A physician-performed clinical breast exam should be administered every year to help detect breast cancer.

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Laser HAIR REDUCTION *Right for YOU?*

An Interview with Bridget Burruano –
Registered Physician Assistant and Laser Specialist

Laser hair reduction, FDA approved since 1996, has become a safe, effective and popular way of removing unwanted or excessive hair safely and permanently. Over the last 15 years, advances in medical laser technology have allowed us to achieve permanent hair reduction in almost any body area and all skin types. Lasers emit a beam of light that penetrates the surface of the skin and precisely heats the pigmented portion of the hair without harming the skin. Because of this selective absorption of laser light, only black or brown hairs are affected. Red, blond or white hairs lack the darker pigment and thus will not respond to treatment. Since hair cycles in different phases, only the hairs currently in the active growth phase at the time of treatment are affected. Due to these growth phases, usually 3-6 treatments spaced in 8-12 week intervals are necessary for maximum results.

Everyone with dark hair are candidates for laser hair removal. Depending on skin type, a specific laser will be chosen for effectiveness and safety. Depending on the laser utilized, a distinct method of skin cooling is used to reduce the sensation of the laser, which is usually described as a rubber band snapping or slight pinpricks. Although most patients tolerate the treatments well, some may be prescribed a topical anesthetic that can be applied prior to treatment. After the treatment, typically the skin may be pink, or itch. Slight swelling may also occur. Usually, these symptoms resolve within a few hours. Makeup may be applied immediately after treatment if desired.

Laser hair removal has become the gold standard for unwanted hair for both men and women. It can ease daily grooming and restore personal confidence.

BEFORE



AFTER



Laser Treatment of WRINKLES – ADVANCED LASER RESURFACING *(continued from cover)*

have only 1-2 treatments and yield much greater results. Patients that undergo these treatments generally appear 3-5 years younger as far as sun-induced wrinkling. The quality of the skin texture is dramatically improved.

For more severe or advanced sun-induced wrinkling, Dr. Buscaglia and Dr. Brauer use a technique called “Blended Resurfacing”, in which 3-4 laser systems are used. The first step is usually performed with the Ultrapulse CO₂ laser to completely “ablate” the top layer of skin known as the epidermis. Next, the Sciton Erbium YAG laser is used to refine the second uppermost portion of the skin known as the papillary dermis. Additionally, a laser to target broken capillaries may then be used. Finally, the Fraxel Re:pair laser is then used to further enhance the results by directly tightening the true collagen layer of the skin. This total procedure takes 2-3 hours and leads to complete and total regeneration of sun-damaged skin. Most patients achieve a result that gives them a permanent reversal of 10 years worth of sun damage. An additive benefit to blended resurfacing is that the procedure also eliminates any sun-induced precancerous lesions. Ask Dr. Buscaglia or Dr. Brauer how advanced laser resurfacing may help you achieve much younger and smoother looking skin.

BEFORE



AFTER



Spring FACIAL REJUVENATION *Open House*



The turnout for our Spring Facial Rejuvenation Open House Celebration was better than we could have imagined, and a great time was had by all. Each guest was treated to wine and sumptuous hors d'oeuvres while learning about how we can help you Look More Like the You that YOU Remember™. Our entire Staff was on hand to talk about the latest services and offer a complimentary consultation on Facial Rejuvenation. Many attendees took advantage of our very special “this-night-only” offers. A huge Thank You goes out to all those who attended and made the evening a success.

We hope to see you at our next open house Wednesday, June 8th 6:30pm “Body Contouring.” Dr. Lisa Brauer will discuss Coolsculpting by Zeltiq® and Laser-Liposculpture. Space is limited. Book today.

Laser Treatment of FACIAL VEINS and VASCULAR LESIONS

An Interview with Peter D'Auria –
Registered Physician Assistant-C

While the redness of a rose is a traditional sign of beauty, some people may not feel that way about the redness on their face. In fact, the treatment of facial veins and non-facial vascular lesions with laser energy is one of the most tested and effective medical uses of laser technology. Simply put, laser energy is able to target specific colors such as red or blue veins. Today's most advanced devices are capable of transmitting through a patient's skin and selectively collapsing abnormally dilated veins while leaving other tissue unharmed.

Vascular lesions which are obtrusive in appearance and may be disturbing because of symptoms such as burning, bleeding, itching or stinging can be treated quickly and

efficiently. Most vascular laser treatments require no special medication and involve a level of discomfort akin to a snap from a rubber band. Afterwards, patients may remain pink in the area of treatment for hours to days depending on the clinical circumstance.

In essence, lesions from the darkest birthmarks to subtle variants of rosacea are treatable targets for the broad array of unique, advanced lasers available at The Cosmetic Vein & Laser Center.

While the enduring beauty of a red rose will never fade, with our help you can eliminate the redness in your face and recapture your own natural beauty.



BEFORE



AFTER

Laser Treatment of AGE SPOTS, SUN SPOTS and MOLES

An Interview with Dr. Lisa Brauer –
Board Certified Cosmetic Dermatologist



One of the most common consults that I perform is regarding “age spots”, also known as lentigines, liver spots or sun spots. These pigmented lesions are a sign of cumulative sun exposure and tend to cluster on the face, chest, upper back and the backs of the hands. I often have patients tell me “these are my grandmother’s hands” after showing me their lesions. And, quite honestly, these are an “easy fix” in our practice. Usually in one visit, these pigmented lesions are treated with the most appropriate laser (based on a patient’s skin type and the characteristics of the lesions), and after a short period – these pigmented lesions that were once difficult to “cover-up” are gone. Important to note, these pigmented lesions MUST be treated when the patient has no tan or recent sun exposure – so winter is the perfect time in Buffalo to target these lesions.

Another common and similar consult is regarding treating “raised moles”, also known as nevi. It is the natural course of a nevus to become more raised and lose their pigment as we age. Facial nevi usually respond nicely laser ablation. Using an Erbium-YAG laser, we are able to precisely remove these lesions on the level of the surface of the skin, microscopic layers at a time. The procedure is quick, painless and rewarding.



BEFORE



AFTER



BEFORE



AFTER

Medical TESTS for Women Over Age 40

(continued from cover)

- **Skin exam:** A thorough skin exam should be performed by a physician every year to help detect changes that may indicate skin cancer or other skin conditions.
- **Fecal occult blood test:** performed each year beginning at age 50 to help screen for colon cancer.
- **Blood pressure test:** Blood pressure should be checked by a healthcare provider at least every two years.
- **Eye exam:** A thorough eye exam should be performed at least every one to two years until age 60.
- **Diabetes test:** A fasting plasma glucose diabetes test should be performed every three years to detect diabetes.
- **Cholesterol test:** A cholesterol blood test should be performed at least every five years.
- **Sigmoidoscopy:** A sigmoidoscopy, examination of the rectum and lower portion of the colon, should be performed every five years to help screen for colon cancer beginning at age 50. However, a double contrast barium enema every five years or a colonoscopy every 10 years (both beginning at age 50) may be substituted for the sigmoidoscopy.
- **Colonoscopy:** Should be performed every 10 years to help screen for colon cancer beginning at age 50.
- **FSH test:** An FSH test may be performed to determine whether a woman is close to or has reached menopause.

Photo Gallery

Coolsculpting by Zeltiq



Laser Lipo-Sculpture



Lip Augmentation



BOTOX®/Dysport®



Did you Know

Cool Sculpting® by Zeltiq...

is the most rapidly growing non-invasive cosmetic procedure. At CVLC, we have been performing this permanent fat reduction treatment since April of 2010. 90% of patients receive an estimated 25% reduction of fat after one treatment. This is achieved non-invasively and permanently!

BOTOX® and Dysport® treatments...

reduce wrinkles of the forehead, frown lines and crows feet and have the highest patient satisfaction rate!

Laser Hair Removal... can permanently

eliminate the problem of ingrown hairs or "razor bumps". In some severe cases of folliculitis, insurance companies consider this treatment "medically necessary". ◀

Advancements in topical skin care...

can now help prevent the progression of skin aging. Dermatology based companies like Skinmedica have completed years of research so that their products truly stimulate collagen, block the effects of sun induced oxygen radicals and precisely exfoliate uneven pigment and the dead layer of skin. Using scientifically proven skin products on a regular basis will truly slow the process of skin aging. ▼



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