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Persistent Facial Redness: A Not-So-Rosy Glow

Fresh, pink cheeks are lovely on a child at play, or a blushing bride. But a persistent rosy glow can be a cause of distress and embarrassment for many. What causes facial redness, and when is it a cause for concern?

Flushing occurs when blood vessels near the surface of the skin become dilated, thus increasing blood flow to the face. It is more noticeable in fair skinned people. Heat, either from fever, vigorous exercise or the environment, can trigger the vessels to dilate in an attempt to increase blood flow and cool the body. Chemicals are released in response to emotional stress that can relax the smooth muscles within the vessels and cause them to dilate. And certain foods and medications can also cause dilatation of blood vessels, leading to facial flushing.

Typically, facial flushing is transient and not particularly bothersome. But it can be a symptom of a condition called rosacea (pronounced ro-Zay-sha). When facial flushing occurs more frequently or persists, or is associated with red bumps, pustules or spider blood vessels, a visit to the dermatologist may be necessary. It is important to make note of any triggers that may precede or seem to worsen the condition, such as foods, alcohol, temperature changes, stress, etc. There are other medical conditions that present with facial redness, so it is important to see your doctor to determine the underlying cause. Once a cause is identified, an appropriate treatment regimen can begin to lessen the severity of symptoms.

Facial redness from rosacea can lead to a ruddy complexion, rough skin texture and multiple dilated skin blood vessels called telangiectasias. A condition called rhinophyma can develop which is an enlargement of the sebaceous glands that can cause an enlarged, bumpy nose. This is more commonly seen in men, and can be avoided with early treatment.

In addition to oral and topical medications, some non- prescription lotions can help to reduce the redness. Laser and IPL (Intense Pulsed Light) treatments of spider veins and facial redness are safe and effective ways to dramatically improve skin tone. Many of these laser treatments offer the added benefits of reducing the depth of wrinkles, smoothing skin texture and lightening age spots as well!

If you have facial redness, or a condition that may benefit from laser or light treatment, give Margie Nahass at Skin Care Center a call. Cosmetic consultations are complimentary. However, if she feels you need a medical evaluation with Dr. Nahass, an appointment with him will be necessary prior to beginning treatment.

Please join us for some holiday cheer on Saturday, December 10th for our Holiday Open House. We invite you to see our new facility, have some refreshments, receive product samples and enter a drawing to win a FREE LASER COSMETIC TREATMENT! (a \$300 value) and win door prizes for free products. We hope you are having a joyful holiday season!

Sun Exposure

1. Are tanning parlors safer than the sun?

No. Most sunlamps and tanning beds emit mainly UVA radiation, and these so-called “tanning rays” are less likely to cause a sun burn than UVB radiation from sunlight. But, contrary to the claims of some tanning parlors, that doesn’t make them safer. UVA rays have a suspected link to melanoma, are like UVB rays, they also may be linked to immune system damage and premature skin aging.

2. Many of my friends say they tan because it makes them feel healthy. Is there such a thing as a healthy tan?

A tan is often mistaken as a sign of good health. Dermatologists know better. A suntan is actually the result of skin injury. Indoor tanning is just as bad for your skin as sunlight.

3. Is sun exposure the main cause of skin cancer?

Sun-exposure (UV exposure) appears to be the most important environmental factor in the development of skin cancer and a primary factor in the development of lip cancer. More than 90% of skin cancers occur on sun-exposed skin.

4. What are the long-term effects of exposure to UVA light in tanning beds?

Excessive and unprotected exposure to UVA radiation in tanning beds or sunlight contribute to skin cancer and premature skin aging.

5. Do sunscreens prevent skin cancer and how should I use a sunscreen?

Sunscreen will help protect the skin from ultraviolet light radiation and this can reduce the risk of skin cancer. Apply a broad spectrum sunscreen with a SPF of at least 15 on all exposed skin, including the lips, even on cloudy days. Apply 20-30 minutes before going out and re-apply every 1-2 hours.

6. What does SPF mean?

Sun Protection Factor and this works like a multiplying factor. If you would be “ok” in the sun for 10 minutes and then apply a sunscreen with SPF 10, you would be “ok” in the sun for 100 minutes.

7. Should African-Americans use sunscreen too?

Certainly. While African-Americans are less sensitive to ultraviolet light, their skin is still susceptible to the damaging effects of sun exposure so sunscreen would be a benefit.

8. Can children get skin cancer? Are sunscreens suitable for infants and children?

Skin cancers are certainly much more common in adults, particularly the elderly. However, the changes associated with ultraviolet light exposure are delayed effects that don't show up until many years after exposure. Unfortunately, since the damage is not immediately visible, young people are often unaware of the dangers of tanning. 80% of sun damage occurs before age 18. Sunscreens are suitable for children older than 6 months of age. Children under the age of 6 months should be kept out of the sun.

9. What is your best advice to parents who want to protect their kids from over-exposure?

Just follow the "ABC's For Fun in the Sun".

- A= Away - stay away from the sun in the middle of the day
- B= Block - use SPF 15 or higher sunscreen
- C= Cover-up - wear a t-shirt and a hat
- S= Speak out - talk to family and friends about sun protection

10. At what time of day is the sun most dangerous?

Stay away from the midday sun and its intense rays. Schedule outdoor activities before 10:00 a.m. and after 4:00 p.m.

11. Does clothing provide good sun protection?

Yes. Cover-up with a hat and dark colored clothing when outdoors. Tightly woven clothing reflects heat and helps to keep you feeling cool. Sunglasses that block ultraviolet rays protect the eyes and eyelids. Typical white cotton t-shirt has a SPF3

12. Do the sun's ultraviolet rays penetrate the window glass in your cars and at home?

Glass should shield you from most of the harmful ultraviolet radiation

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BE SUN SMART - NOT SUN BURNED

With warm weather, sunny days and outdoor activities upon us, it's more important than ever to be conscientious about sun protection. Each year nearly a million Americans develop skin cancer. Many more find that their skin is looking older, damaged and wrinkled. All of these problems are preventable by avoiding the harmful effects of sun exposure. Although it's virtually impossible to avoid the sun altogether, there are significant factors to keep in mind when planning outdoor activities. In recognition of Melanoma/Skin Cancer Prevention and Detection in May, here are some important reminders to keep your skin healthy and skin cancer free.

The harmful effects of the sun is from its ultraviolet (UV) radiation. When you expose your skin to the sun, your skin tries to protect itself (and you) by producing a chemical called melanin. This is a "natural" sunscreen that has a dark pigment that can reflect some of the dangerous ultraviolet light. Because the melanin pigment is dark, it makes your skin look dark, or tan. Those with blond hair or light skin types have less melanin than darker individuals and thus burn more easily - and have a much higher risk of skin damage and cancer. This doesn't mean that those who tan easily or have dark pigmented skin are safe from the harmful effects of the sun. Melanin only partially protects the skin from the energy of the sun and a dark tan doesn't really add much protection or reduce your risk of skin cancer or damage.

Prevention is the key! The following three steps will help you reduce your risk of developing skin cancer and skin damage.

1. **Limit Your Exposure.** Try to limit or avoid the sun when its UV rays are the strongest (between 10 a.m. and 4 p.m.). A good rule-of-thumb is, if your shadow is shorter than you are, seek shade or cover up. Also, avoid tanning booths and sun lamps. UV light also goes through clouds, so just because it is cloudy doesn't make you safe!
2. **Cover Up.** If you can't avoid the sun, cover up your skin! Protect exposed skin by wearing clothes made of tightly woven, light-colored fabrics with long-sleeves and long pants. Wear a hat with a wide brim to protect your face, head and ears.
3. **Use SPF-15 Or Higher Sunscreen.** For the parts of your skin not covered, use a waterproof sunscreen with a Sun Protection Factor (SPF) of at least 15. Don't forget to use the sunscreen on your ears, lips, nose, and other areas that readily burn. Use generous amounts of sunscreen to totally protect exposed areas of your skin and reapply frequently, especially if you are swimming or sweating excessively.

While Dr. George T. Nahass and his staff at Skin Care Center of Southern Illinois educate patients year-round about the importance of sun protection, patients will receive hand-outs, brochures and sun screen samples during the month of May in recognition of Melanoma/Skin

Cancer Prevention & Detection Month. Dr. Nahass is a Board Certified Dermatologist and is located at 4107 South Water Tower Place in Mt. Vernon.

Next month's article will discuss how to perform skin self-examinations and watching for suspicious moles.

Rejuvenating Skin Solutions at Skin Care Center of Southern Illinois

There are many treatment options to improve the skin's appearance for all ages and all skin types. In recent years, the innovations in skin rejuvenation to reduce the signs of aging and sun damage have exploded. From skin care products to microdermabrasion, laser treatment and invasive surgical procedures, the options for improving your skin's appearance are endless.

In past articles, we touched on some treatments available at Skin Care Center including microdermabrasion, intense pulse light (IPL), laser hair removal and laser genesis, etc. An additional option at Skin Care Center of Southern Illinois is a variety of chemical peels. Chemical peels are not new to the skin care industry, but they have definitely improved in recent years allowing little or no recovery time for the patient. In order to know if a chemical peel might be right for you, it's important to know what a chemical peel is and how they can be beneficial.

Years of sun exposure, other environmental factors, and skin conditions like acne can damage skin resulting in changes in clarity, tone, color and texture. Chemical peels are used to create an even and controlled shedding of damaged skin. In the procedure, a chemical is applied to the skin to remove dead damaged skin cells and stimulate the production of new cells. Chemical peels can lessen the appearance of fine lines and give the skin a clear, more youthful look by evening out tone and irregular pigmentation. They may also help eliminate dry skin, reduce the appearance of large pores and make the skin feel smoother and softer thus allowing for a more even application of cosmetics. Furthermore, chemical peels can help control breakouts, reduce oil production and improve the skin's texture.

George T. Nahass, M.D. and Margie Nahass, PA-C of Skin Care Center of Southern Illinois, along with their licensed esthetician, Chris Pierson, researched different chemical peels to find the most beneficial solutions to offer patients. Two types of chemical peels are performed at Skin Care Center of Southern Illinois which offer state-of-the-art therapeutic products and techniques designed to restore and rejuvenate the skin. The peels are safe in-office treatments that require little or no recovery time. Both Margie and Chris have undergone intensive training and have received certification from La Roche Posay® which is the mandatory policy of the company before they will sell their peels to physician's offices.

The MicroPeel® is a safe and effective procedure that can be customized to meet the needs of all skin types. This unique 3-step process starts with dermaplaning (a scraping of the skin with a thin blade) or Biomedic® Pure Enzyme to remove the dead cellular layers. Next an alpha hydroxy acid solution (AHA) is applied to the skin to help free pores of impacted debris. Finally, cryogenic therapy is performed to relieve inflammation and cool the skin.

The MicroPeel® Plus is a short in-office procedure that will help smooth fine lines and even skin discoloration while reducing the appearance of acne scars and environmental damage to the skin. It is available in two concentrations of salicylic acid and can be tailored to fit different skin types and goals.

Immediately following either type of MicroPeel®, patients can apply sunscreen and make-up and return to work or their normal activities. There is almost no discomfort and patients may or may not see peeling of the skin. Patients might have slight redness to their skin for a short period of time. These procedures do not stop the continuing maturation process or any new damage to skin so they may need to be repeated at regular intervals for optimum results. As always, it's important to limit your sun exposure and use sunscreen (such as Anthelios®) on a daily basis year round.

Next month's article will focus on the addition of Titan® to Skin Care Center's cosmetic laser treatment options.

For more information regarding chemical peels and other cosmetic procedures offered at Skin Care Center of Southern Illinois, please call Chris Pierson or Margie Nahass, PA-C at 244-0031.

LASER VEIN THERAPY FOR THE FACE AND BODY FOR WOMEN AND MEN OF ALL SKIN TONES AND TYPES

The Cutera laser combines the ideal laser wavelength to deliver a superior vascular laser system. It treats a broad range of vessels from tiny spider veins to deep blue reticular veins quickly, safely, and effectively.

HOW DOES THE LASER VEIN THERAPY WORK?

The Cutera laser systems deliver pulses of light energy which cause the blood within the vein to coagulate, eventually destroying the vessel which is later reabsorbed by your body. Blood flow will then be redirected to veins deeper below your skin's surface, where it should be.

WHAT TYPES OF VEINS CAN BE TREATED?

The Cutera laser can remove unsightly veins from all parts of the body. Small, facial veins (or "telangiectasia") can be treated quickly without bruising or complication. Spider veins and large blue leg veins can also be treated with excellent results. Knotty varicose veins are not good candidates. A careful evaluation with your skin care provider will help you determine which vessels can be treated and the best course of treatment.

WHAT ABOUT BLOOD BLISTERS AND PORT WINE STAINS?

Blood blisters or "hemangiomas" respond very well to laser vein therapy, usually with just one treatment. Patients with port wine stains and other vascular lesions who had given up on finding a solution have been overwhelmed by the success of their vascular treatment.

HOW MANY TREATMENTS WILL I NEED?

Often, patients find that one or two treatments are sufficient. However, the number of treatments necessary depends on the number, color, and size of the vessels being treated.

WHAT HAPPENS AFTER THE TREATMENT?

Following your treatment, some redness or bruising may occur. When larger veins are treated, a tan or brownish pigment may persist for a few weeks or months following treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS?

Although many patients report few if any side effects, those most commonly noticed are slight reddening and local swelling of the skin. These side effects typically last for less than 24 hours. Some patients may experience bruising and, in rare instances, blistering may occur.

ARE THERE ANY RESTRICTIONS ON MY ACTIVITY AFTER TREATMENT?

Patients generally resume most normal activities immediately. However, it is recommended that you avoid vigorous activities such as strenuous exercised for the first 24 hours after treatment. The use of sunscreen is recommended on any treated areas exposed to the sun.

WHEN WILL I SEE RESULTS?

Most patients find that the majority of the treated veins have shown significant improvement within two to six weeks of treatment. However, your final results may not be apparent for several months.

MICRODERMABRASION THE SAFEST AND MOST NATURAL WAY TO EVENLY EXFOLIATE THE SKIN

WHAT IS MICRODERMABRASION?

Microdermabrasion is the most natural way to evenly and safely exfoliate the skin without the use of chemicals. This non-invasive treatment offers safe and controlled skin abrasion.

HOW DOES IT WORK?

Our unique procedure uses specially formulated baking soda crystals that are propelled at a high speed across the skin's surface to efficiently abrade the skin. Microdermabrasion also applies mild suction to the surface of the skin. The result is a dramatic increase in blood flow and circulation throughout the treated area. This stimulates cell renewal and collagen production. In addition, the increased blood flow helps the body carry away toxins and impurities that are stored near the surface of the skin. The combination of exfoliation and increased blood flow leaves you with healthier, clearer and more youthful-looking skin.

WHAT ARE THE BENEFITS?

- 1) Decreases the appearance of fine lines, wrinkles and age/sun spots**
- 2) Improves acne and acne-related scarring**
- 3) Increases production of collage and elastin**
- 4) Repairs sun-damaged skin**
- 5) Stimulates the production of new skin cells**
- 6) Improves the appearance of uneven skin tone**
- 7) May reduce the appearance of pore size**
- 8) Leaves skin silky smooth**

DOES A MICRODERMABRASION TREATMENT HURT, AND WILL I HAVE DOWNTIME?

Microdermabrasion is a relatively painless procedure. Immediately following the treatment, your skin will have a vibrant, healthy appearance as well as a smooth texture. Our unique treatment will allow you to resume your day without downtime.

AM I A GOOD CANDIDATE FOR MICRODERMABRASION?

Virtually anyone interested in improving the appearance of his/her skin can benefit from microdermabrasion regardless of age, ethnicity or skin type. Microdermabraion is most

commonly performed on the face but can also be safely performed on the chest, hands and back as well as other areas of the body.

HOW OFTEN WILL I NEED A TREATMENT?

Treatments are performed usually in a series of six with the first three treatments at two-week intervals. Once the desired results are achieved, maintenance treatments can be performed once every four to six weeks.

Article for the health fitness edition

Dr. George T. Nahass is a Board Certified Dermatologist and Dermatopathologist who offers a wide array of services at Skin Care Center of Southern Illinois. The Skin Care Center opened it's new 4500 square foot facility in July, 2005 located at 4107 South Water Tower Place in Mt. Vernon. This facility comfortably houses Dr. Nahass' busy medical dermatology practice and has allowed for the expansion of Skin Care Center's aesthetic dermatology practice as well.

Dr. Nahass specializes in the diagnosis and treatment of all skin diseases, including skin cancers, acne, psoriasis, warts, rashes, eczema and vitiligo. Dr. Nahass has also added new and exciting treatment options for acne utilizing Photodynamic Therapy (PDT) with Blue Light and laser as light sources. Skin Care Center also offers a complete line of skin care products, available only through a physician.

Dr. Nahass is a 1982 graduate of Rutgers University where he obtained a bachelors degree in Pharmacy. He graduated from the University of Pennsylvania Medical School in 1985, and then completed a three year residency with board certification in Internal Medicine. He completed his three year residency in Dermatology at the University of Miami in 1992. Later that year he joined the faculty at St. Louis University where he remained for 10 years working in the areas of clinical dermatology, research, dermatopathology and serving as Director of the Dermatology Residency Program. While at SLU, he completed fellowship and became board certified in Dermatopathology.

In 2004, Dr. Nahass' wife Margie, a registered nurse and certified physician assistant, began providing microdermabrasion treatments at Skin Care Center. Since moving to the new facility, Margie has expanded her practice to include state of the art laser technology to reduce unwanted hair, treat leg and facial veins, reduce the redness of rosacea, lessen the appearance of scarring and wrinkles, decrease the appearance of brown age spots, and increase elastin and collagen for a more youthful appearance.

The Skin Care Center operates five days a week and one Saturday a month during the school year. Dr. Nahass sees patients in Centralia on Wednesdays. If you have a question or concern

about your skin and wish to be evaluated by a specialist in the field of dermatology, please call Skin Care Center of Southern Illinois to schedule and appointment with Dr. Nahass or Margie Nahass at 244-0031.

The Nahass family and Skin Care Center of Southern Illinois are proud to be a part of, and able to serve, the community.

DR. NAHASS WELCOMES MARILYN STOMBAUGH, PA-C TO SKIN CARE CENTER OF SOUTHERN ILLINOIS

Dr. Nahass is pleased to welcome certified physician assistant (PA-C) Marilyn Stombaugh to his dermatology practice. Marilyn is a long time resident of Southern Illinois and worked full time as a PA-C at St. Mary's Good Samaritan Family Health Practice in Benton, Illinois for ten years under the supervision of Dr. Rethorst. She was voted the "Best Place To Go For Health Care" in Franklin County in 1997. She was also awarded "Provider of the Year" in 1999 and received the "Excellence Award" in 2002 both of which were awarded by the LEBCCP program. Marilyn is an experienced, well-respected member of the medical community, and will be a tremendous asset to the patients and health care team of Skin Care Center.

Dr. Nahass and Marilyn will work closely together in evaluating and treating patients at Skin Care Center. Dermatology is a specialty field of medicine focusing on diseases of the skin, hair, mucous membranes and nails. Although many skin disorders are confined to the skin, other skin problems can be manifestations of internal disease. Dr. Nahass will be on-site the majority of the time for direct consultation. He will always be available for consultation by telephone. Physician assistants are educated in the medical model designed to compliment physician training. Upon graduation, physician assistants take a national certification examination developed by the National Commission on Certification of PAs in conjunction with the National Board of Medical Examiners. To maintain their national certification (indicated by the "C" in PA-C), PAs must log 100 hours of continuing medical education every two years and sit for a recertification exam every six years. Graduation from an accredited physician assistant program and passage of the national certifying exam are required for state licensure.

Dr. Nahass is a 1981 graduate of Rutgers University where he obtained a bachelors degree in Pharmacy. He graduated from the University of Pennsylvania Medical School in 1985 and

completed a 3 year residency in Internal Medicine. He completed his three year residency in Dermatology at the University of Miami in 1992. He then completed a fellowship in Dermatopathology at St. Louis University where he worked for 10 years as a faculty physician in the areas of clinical dermatology, research, dermatopathology and was Director of the Dermatology Residency Program. He is Board Certified in Internal Medicine, Dermatology and Dermatopathology.

Dr. Nahass, Margie, and the staff of Skin care Center are proud and excited to welcome Marilyn to their health care team!

Article for Shoppers Weekly Skin Care Center of Southern Illinois

Acne Facials at Skin Care Center

Chris Pierson, a certified esthetician and recent graduate of Lakeland College, has joined the health care team at Skin Care Center of Southern Illinois. Dr. George Nahass and Marilyn Stombaugh, PA-C involve Chris in their comprehensive approach to acne management by incorporating acne facials, microdermabrasion, comedone extraction, salicylic facial peels and product consultation for acne prone skin. These adjunctive therapies aid the medical management of acne, and may reduce the need for long term prescription medications in some cases.

Chris also works closely with Margie Nahass, PA-C, on the cosmetic side of the practice. She can consult with patients about Skin Care Center's product line designed to reduce the appearance of photoaging, reduce redness of rosacea, and improve skin tone and texture. Chris's services when used alone, or in conjunction with laser therapy, will promote and maintain healthier, more vibrant skin.

If you have questions about the cosmetic and esthetician services, or about the comprehensive acne management program at Skin Care Center, call Chris today for more information at 244-0031.

Dr. Nahass Expanding Services for Acne

Mt. Vernon dermatologist, George T. Nahass, M.D. announced that he is expanding treatment options for acne patients. “With new trends and treatment options continually being developed for the treatment of acne, I would like to develop Skin Care Center as a center for comprehensive acne management”, said Dr. Nahass. “We’ve always aggressively treated acne but now there are so many more options to help patients”, he added. “The goal is to bring together knowledge, clinical experience, trained clinical staff, technology and medications to produce quick, superior long term results.”

Skin Care Center’s new esthetician will be offering machine facials, chemical peels and microdermabrasion. These services will play an important role in acne management as well as enhance the cosmetic services. Skin Care Center also offers photodynamic therapy using aminolevulinic acid (ALA) and Blu U light or IPL to treat sun damaged skin and acne vulgaris. Dr. Nahass’s wife, Margie Nahass, a Certified Physician Assistant, is Skin Care Center’s laser specialist. She offers laser treatment for hair removal, skin rejuvenation and treatment of facial/leg veins and port wine stains.

This past spring, Certified Physician Assistant Marilyn Stombaugh joined Skin Care Center to work along side Dr. Nahass seeing patients not only for acne, but for nearly all dermatologic conditions. “Marilyn brings a wealth of clinical experience to the dermatology practice and has a kind, compassionate approach to patient care,” said Dr. Nahass. “She is a great asset to my practice”.

“With the addition of Marilyn and the esthetician as well as two registered nurses, Margie and I feel that we have a highly qualified clinical staff to treat patients, manage their care and continually educate them on keeping their skin healthy”, added Dr. Nahass.

Laser and facial services are offered at Skin Care Center’s Mt. Vernon location at 4107 South Water Tower Place. For an appointment call 244-0031.

THE NEW CUTERA TITAN GIVES YOU AN ALL-NATURAL OPTION TO ENHANCE SKIN TONE

HOW DOES IT WORK?

Titan utilizes a safe infrared light to heat the dermis well below the skin’s surface. Without surgery, recovery time, or injections, Titan is an ideal solution for your face, abdomen, arms and more. During the procedure, the skin’s top surface (epidermis) is protected through continuous cooling with the Titan handpiece. Titan’s light-based platform provides a more uniform distribution of energy for heating the deep dermis than other energy sources, such as RF (radio-frequency).

WHAT AREAS RESPOND BEST TO THE TITAN PROCEDURE?

Patients have been successfully treated on many areas of the body. The most common areas treated are the jawline, under the chin, and the abdomen.

WHO CAN BE TREATED?

Since the Titan procedure heats tissue under the skin's surface, patients of any skin type or age can be treated.

HOW MANY TREATMENTS WILL I NEED?

Although a single treatment has produced very good results for many patients, it is quite common for patients to have two to three treatments over a few months.

WHAT HAPPENS AFTER THE TREATMENT?

Immediately following the treatment, you may notice some redness and mild swelling in the treated area. Both should dissipate within a few hours.

WHAT DO TREATMENTS FEEL LIKE?

With each Titan pulse you will feel a brief heating sensation. Some patients are more comfortable taking a mild pain reliever beforehand. Many patients are comfortable without any medication.