



HOW TO CHOOSE THE RIGHT TREATMENTS FOR YOUR SKIN

The **Visia Complexion Analysis System** analyzes your skin's needs

A VISIA IMAGING SESSION USES MULTI-SPECTRAL IMAGING TO PHOTOGRAPHICALLY DOCUMENT SIX AREAS AFFECTING COMPLEXION HEALTH AND APPEARANCE, PROVIDING ANALYSIS

As a facial plastic surgeon, I am often asked about the newest and best ways to treat the skin in order to postpone the need for surgery or to maximize surgical results. Each year, new products are developed and technologies are constantly evolving. The Visia Complexion Analysis System provides a unique complexion profile to help design a rejuvenation and skin care program for your specific complexion. The Visia systems imaging and analysis provides a multi-dimensional view of several different aspects of the skin, both on the surface and below it.

A Visia imaging session uses multi-spectral imaging to photographically document six areas affecting complexion health and appearance. It measures wrinkles, spots, pores, evenness, porphyrins (signs of bacteria in the pores), and UV spots. The photos show a comparison of the normal and the UV image, revealing the visible spots and the invisible spots from sun damage in the complexion. Visia also

provides a comparison of your complexion with those of other women of the same age and ethnicity.

Once we have the picture, we can then create a program to achieve healthier, younger looking and more beautiful skin. The program will address each of the specific skin concerns.

Knowing how and why skin is damaged helps us to correct the signs of aging. There are several ways to prevent aging in the skin: Avoid skin pollutants, such as smoking. Protect the skin from daily sun exposure, supplement and nourish the skin with prescription topical skin-care products that help maintain the skin's supple and smooth appearance. Avoid excessive alcohol intake and poor nutrition.

To treat spots, both visible and invisible, always wear sunblock. The American Academy of Dermatology recommends that a sunscreen or sunblock with an SPF of at least 30 be applied about a half hour before you go outside each day. Sunblocks that contain zinc oxide and titanium dioxide block UVA rays that cause facial wrinkling and leathering.

Antioxidants may offer protection to the skin and prevent excessive skin aging while nourishing and supplementing its

deeper layers. Free radicals cause chronic damage to the cells of the skin, and antioxidants can neutralize these dangerous molecules.

Applying antioxidants directly to the skin is one way of solving the problem. All antioxidants do not contain the same ingredients, so look for vitamins C and E, ferulic acid and phloretin. Vitamin C is vital for producing collagen which gives skin its firmness and elasticity. It is also necessary for correcting pigmentation problems. It is a water soluble vitamin that regenerates vitamin E and provides UVA/UVB protection and reduces redness. Vitamin C appears to provide superior protection from sun damage when used with vitamin E. Ferulic acid is an organic plant compound found in plant cell walls. When combined with vitamins C and E, ferulic acid reduces oxidative stress and helps prevent redness and sunburn from UVB rays. Phloretin creates a potent antioxidant and provides advanced photo protection. It also contributes to greater skin penetration of active ingredients for gradual release and delivery beneath the skin surface.

There are two major things that need to be accomplished besides protecting and nourishing

the skin. We need to combat rough texture, wrinkles and enlarged pores, first by exfoliating and moisturizing the surface of the skin, and then building deeper collagen layers of the skin that thin with age and even out the skin tones and hyperpigmentation. Alpha and beta hydroxyl acids (AHAs and BHAs) diminish fine lines and wrinkles. The FDA has approved them as effective to reduce wrinkles, spots and other signs of aging and sun damage.

The more commonly used alpha hydroxyl acids include glycolic acid, lactic acid and ascorbic acid; the beta hydroxyl acids include salicylic acid and benzoic acid. Alpha and beta hydroxyl acids have been demonstrated to decrease the signs of aging by enhancing the shedding of the most superficial layer of the skin, the epidermis. Some claim they improve the quality of the elastin fibers and the collagen density in the middle layer of the skin, the dermis. Because concentrations of these compounds vary, it is recommended that they be purchased through a physician, so that you can obtain more significant exfoliation and other positive changes. Once the skin is exfoliated, the next step is moisturization. A good moisturizer should be nongreasy, nonirritating, noncomedogenic and fragrance-free. It is not necessary to buy an expensive moisturizer; there are very effective inexpensive ones widely available.

Vitamin A was the first vitamin to be used topically for the treatment of damaged skin. It may be found as retinol or tretinoin (Retin A). These forms of vitamin A induce thickening of the epidermis, increase skin cell proliferation and act as a hormone to activate deposition of collagen in the dermis to reduce fine lines and wrinkling, roughness and laxity. The key is to use Retin A consistently and always apply sunscreen. Visible results will be achieved in about six months. Tretinoin applied at night tightens the skin, reducing the appearance of pores.

Enlarged pores are caused by several factors. As we get older, oils and skin cells build up in the pores. Sun damage and loss of elasticity make pores appear larger over time. To decrease the appearance of pores, always cleanse daily -- especially at night -- with a gentle cleanser to keep pores unclogged without irritating skin. Do not use harsh skin toners or astringents to minimize pores. They may temporarily contract pores but may cause overproduction of oil and larger pores in the long run.

Using a Visia analysis will get optimal rejuvenation options for your unique combination of facial characteristics. **IMAGE**

Dr. Andrew Jacono is a board-certified facial plastic surgeon and medical director of J Spa Medical Day Spa. He has practices in both Great Neck and Manhattan. For more information, call 516-773-2424.

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