



Smartlipo®

The New Alternative to Liposuction

Jason C. McBean, MD

Liposuction is the most common cosmetic surgical procedure performed in America with over 400,000 surgeries performed last year. As technology improves physicians are now using lasers in new ways to remove unwanted areas of fatty tissue that don't respond to diet and exercise. One such technology, known as laser lipolysis (Smartlipo®), has recently emerged to treat areas such as under the chin, abdomen and hips while improving skin laxity.

Smartlipo® is a new minimally invasive technique for the removal of fat using a laser. The new laser system sculpts body contours and tightens the skin while keeping recovery times short. Most patients return to work in 2-3 days. The method used is the safest form of liposuction because the procedure is performed under local anesthesia. Patients are awake throughout the procedure and are able to stand at the end for any fine-tuning that may be necessary - a huge benefit over traditional liposuction.

In the procedure, a very small tube the size of an uncooked strand of angel hair pasta carries the thin laser fiber. The laser is introduced through an incision so small that no sutures are required.

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INSIDE THIS ISSUE

Smartlipo® The New Alternative to Liposuction	1
Winter Skin Care Guidelines	2
Seasonal Specials	2
The Liquid Facelift	3

As the laser moves back and forth, fat is melted and subsequently removed with another small tube. The energy from the laser also seals vessels, minimizing bruising and creates new collagen resulting in tighter skin.

Smartlipo® was FDA approved in 2006, and has been popularized in such publications as *People*, *Star*, and several scientific journals. Dr. McBean researched this technology during fellowship training in Manhattan and has published several articles and book chapters detailing the techniques of the procedure. The findings of his research demonstrated several advantages of laser lipolysis over traditional liposuction including faster recovery times, less bruising, improved patient comfort and ease both for physician and patient.

The ideal candidates are healthy men and women who have persistent small areas of local fatty tissue that simply will not respond to diet and exercise. Smartlipo® is effective for areas under the chin and neck, arms, abdomen, hips, back, inner and outer thighs.

For further questions and information or to schedule your consultation with Dr. McBean, call 203.259.7709.



Before Smartlipo® abdomen

After Smartlipo® abdomen 6 weeks

Winter Skin Care Guidelines

Jason C. McBean, MD adapted from the American Academy of Dermatology www.aad.org

Does your skin become dry, itchy and cracked during New England's colder months? You are not alone. The National Institutes of Health estimates that 15 million people in the United States have some form of eczema. Eczema is a general term encompassing various inflamed skin conditions and it worsens during winter.

The low humidity during the winter can cause dry, irritated skin. Additionally, when we turn the heat on to warm our homes moisture is drawn out from our skin causing dryness, itching, and scratching. An itch-scratch cycle is created which can quickly become extremely irritating, especially for those with sensitive skin.

Check out the "winter skin guidelines" to help treat and prevent the winter skin blues.

1. **Use a humidifier:** With the heat on and the windows closed, the air inside becomes very dry making eczema even worse. Use a humidifier to place moisture into the air. This can keep the skin from drying and becoming cracked.
2. **Switch to an oil-based moisturizer:** Petrolatum is the gold standard by which all emollients are judged. Aquaphor ointment contains a rich concentration of petrolatum and is an excellent moisturizer especially when used on dampened skin.
3. **Before going outside in winter:** Apply a heavy layer of moisturizer to exposed areas such as the hands and face. The moisturizer will act as a barrier against harsh elements of the outdoors. If skiing is a part of your winter tradition, using a moisturizing sunscreen with an SPF of 30 or higher is crucial.
4. **Grab those gloves:** Protecting the hands from cold air and low humidity plays an important role in preventing flare-ups.
5. **Dress in layers:** The most common triggers of the scratch/itch cycle are sweating and overheating. Wearing layers allows you to remove clothing as needed to prevent overheating.

For more advice for skin care regimens that can keep

NEW YEAR - NEW YOU!

Introducing our New Monthly Specials for 2009!



JANUARY 2009 SPECIAL

\$50 OFF Botox® Cosmetic or Juvederm® treatments



FEBRUARY 2009 SPECIAL

Thank you for choosing our practice!
Patient Appreciation Day on
February 6, 2009

\$75 OFF your Botox® or Juvederm™ treatment or receive \$200 OFF a combination treatment



MARCH 2009 SPECIAL

Our best referrals come from you!
Bring/Refer a friend for Botox® Cosmetic or Juvederm® receive \$75 OFF your next treatment. Your friend will receive \$50 OFF their treatment.

 BOTOX
Cosmetic
Botulinum Toxin Type A

 VIVITÉ

 Juvederm
INJECTABLE GEL

The Liquid Facelift

Jason McBean, MD

The liquid facelift is a non-surgical alternative to invasive surgical facelifts to reverse the effects of aging of the skin.

There are 3 main contributors to facial aging:

1. Sun exposure
2. Volume loss
3. Muscle hyperactivity

Sun exposure accelerates loss of collagen and skin elasticity. Over time, collagen and elastin break down leading to sagging facial features. Volume loss leads to the development of wrinkles, creases and folds. Muscle hyperactivity creates lines that become etched into the skin creating a sad, tired or angry appearance.

Now, there are steps you can take to help prevent and reverse these signs of facial aging without the downtime associated with traditional facelifts. These steps are now being referred to as the Liquid Facelift. Several FDA-approved dermal fillers and BOTOX® have been utilized to reverse the signs of aging.

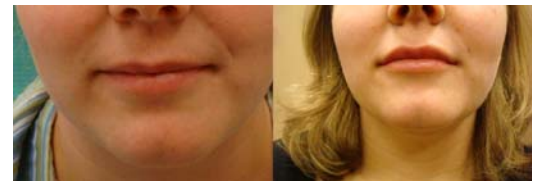
In some patients, the goal of a Liquid Face Lift procedure is to lift the entire face. In others, the goal is to lift or contour specific facial features such as the areas around the eyes or mouth.

For example, patients inquire about surgery for “bags” under the eyes, when very few of them actually need to have their bags removed. Most patients have normal fat pads under the eye but the upper cheek fat has sunken with time and gravity, leaving a groove between the lower eyelid and cheek. A dermal filler can restore the natural contours without scars or surgery.

A Liquid Face Lift involves the use of advanced dermal fillers such as Juvederm®, Restylane®, Perlane® and Radiesse® usually in combination with BOTOX®. These dermal fillers are among a group of 2nd generation fillers that provide more enduring results than earlier products.



Before Botox® crows feet After Botox® crows feet



Before Juvederm™ lips After Juvederm™ lips

For more information about the various advanced dermal filler products used at our office, please visit our website at www.cohendermatologyassociates.com or contact us at 203.259.7709.

You're Invited!

Smartlipo® Laser Body Sculpting Information Session

Thursday, February 19, 2009

6:00 pm

At The Offices of

Ivan S. Cohen, MD

Jason C. McBean, MD

Cohen Dermatology Associates

1305 Post Rd, Suite 310 • Fairfield, CT

**RSVP 203.259.7709 - Limited Space
Complimentary Event**

Hors D'oeuvres

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Board Certified Dermatologists

We're on the Web!

Visit us at:

www.cohendermatologyassociates.com

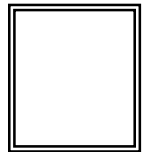
SAVE THE DATE – Complimentary **Smartlipo®** event,
Thursday, February 19 at 6 p.m.

Dr. Jason C. McBean is a Board Certified Dermatologist. He is a graduate of Dartmouth College and Brown Medical School. During his fellowship he researched and became an expert in the latest technologies including minimally invasive laser liposuction (SmartLipo™), fractional laser resurfacing, soft tissue fillers (Restylane®, Juvederm®, Perlane®, Radiesse®), chemical peels and Botox® Cosmetic.

Did You Know We Offer.....

- Smartlipo®
- General Dermatologic Services
- BOTOX®
- Juvéderm™
- Restylane®
- Perlane®
- Radiesse®
- Microdermabrasion
- Hair transplantation
- Chemical Peels
- Sclerotherapy *and more...*

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