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What are some of the challenges you encounter in your cosmetic dermatology practice?

We are surrounded by many examples of poor taste when it comes to cosmetic treatments. Most of my clients are accomplished, professional women whose credibility would be affected by an artificial, grotesque look. They're absolutely afraid of looking like a "real housewife" from TV. I take the time and reassure patients that I share their desire for a subtle, incremental approach. Sometimes less is more, and not every wrinkle needs to be erased in order to achieve an attractive look. An "over-filled" face with loss of contours, or telltale Spock-like brows with frozen forehead, can not only make one look unnatural, but older. If no one can tell for sure whether you have had any cosmetic enhancements, but your face looks youthful, healthy and natural, then your beauty and individuality is respected.

Are there any treatments that can effectively prevent further skin aging?

Most of us already know about the undisputed benefits of prescription-strength retinoids such as Retin-A®, or Renova®, as well as the necessity for daily sun protection. Procedure-wise however, I'm really excited about the Forever Young BBL® broadband light treatments, which can alter gene expression in skin making it more similar to youthful skin, according to a 2012 Stanford University study. These "rejuvenated genes" may be responsible for halting skin aging progression in patients who undergo at least one full-face treatment per year, according to another recent study. Broadband light treatments are great for hyperpigmentation, sun spots, broken blood vessels and fine lines. Another excellent, minimally invasive collagen-inducing treatment is the new fractional micro-needling technique with Dermapen®. It takes a lot of research to compile treatments for every skin type with the least risks and the most benefits, but that's what makes my job challenging and fascinating.

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