



# Defy Aging

## from Head to Toe

BY WINNIE BONELLI

It's been said that the new 60 is the old 40, but the truth is one's physical appearance can undercut this maxim. Thanks to medical advancements, Mother Nature's failure to oblige physically can be corrected, whether it's thinning hair, a bulging tummy or unsightly toes. Following is a full-body check that addresses potential problem areas.

### HAIR TO STAY

Hair is a woman's crowning glory. Yet it can be unnerving when an increasing amount of it winds up on the teeth of a comb. Hair loss affects 75 percent of the male population, along with roughly two-thirds of women. An unsettling condition, approximately \$180 billion is spent annually worldwide to preserve those treasured locks.

One promising solution is Low Level Laser Therapy offered by Transitions Hair Solutions, Wall Township. Aiding in the treatment of hair loss, thinning hair and scalp problems, this nonsurgical scientific approach utilizes low-level lasers to deliver light-emitted energy. It's based on the same scientific principle as photobiotherapy. Laser light stimulates cell metabolism and helps repair damaged cells. Danielle Grillo of Transitions points out, "The hair becomes stronger and in better condition, thus stopping the shedding. It definitely makes people feel better about themselves."

The treatment is used in conjunction with scalp and hair-hygiene products called Hair Scripts Complete, featuring a DHT inhibitor and five percent minoxidil with five percent saw palmetto. A newly published study in the International Journal of Cosmetic Surgery and Aesthetic Dermatology found a 93 percent increase in hair follicles with treatment.



## FOR EYES

Eyes are the windows to the soul and to the world. They also are one of the first areas to exhibit signs of aging, whether it's a loss of vision or the lines and wrinkles that creep up on us overnight.

Established in 1983 as a premier ophthalmology practice, Corneal Associates of New Jersey, Fairfield, offers the highest level of expertise in the treatment of external eye diseases, plus the only NASA-approved two-step bladeless custom LASIK laser-vision correction, cataract surgery, premium lens implants and corneal transplant surgery.

Cited by VISX, Inc. as one of their "Star Surgeons," placing in the top five percent of Lasik surgeons nationwide, founder Dr. Theodore Perl's practice has performed more than 6,000 successful corneal transplants and more than 12,000 LASIK procedures. Corneal Associates was also one of the first to offer CK (conductive keratoplasty) that corrects presbyopia. It eliminates the need for glasses or contacts when doing close, detailed work.

"Presbyopia is an age-related condition that affects everyone, normally after 40, making it difficult to see things close up," according to Dr. Perl. "LASIK procedures generally take only six or seven minutes to do both eyes and normal activities can be resumed the next day."

Dr. Perl interjects a cautionary note. "Although the procedure sounds relatively simple, it does require a patient's diligence in finding the right doctor. There are thousands of general ophthalmologists, but it's important to seek out a corneal specialist."

Earning yet another distinction, Corneal Associates of New Jersey is among a handful of United States practices that offer a one-year Cornea and Refractive Fellowship program for ophthalmologists seeking this subspecialization.


## THE PERFECT SMILE

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As Dr. Jay Schuster, DDS, founder of Metro Dental Associates, Morristown, points out, "Dental implants have changed the way we do dentistry. Instead of performing a root canal on a badly damaged tooth we can surgically extract it and immediately replace it with an implant."

One is never too old to have a perfect smile, according to Dr. Schuster, who has been singled out by Consumers' Research Council Guide as one of America's Top Dentists since 2008. "People of all ages, including many retirees, are getting the straight white teeth they've always wanted, thanks to several new virtually pain-free procedures. For starters, there are porcelain veneers that can close spaces, straighten teeth, increase length, create maximum whiteness and sometimes allow patients to bypass the need for orthodontic treatment."

Dr. Schuster continues, "Today's patients can take a much more active role in co-diagnosing and determining their options through new technology, such as our digital X-ray precision equipment with a micro oral camera reflected on a 20-inch monitor. I can also make digital impressions and employ lasers for tissue sculpting."

Voted the Best Dental Practice in Morris County by *Daily Record* newspaper readers in 2008 and 2010, Dr. Schuster emphasizes the need for regularly scheduled dental care. "A healthy mouth is a healthy body. Dentists can tell a lot by the condition of the mouth and gums. It's possible for us to detect not only the presence of oral cancer, but also diabetes and damage to the heart valves."

Despite (or maybe because of) the prevalence of dentists, Dr. Schuster advises consumers, "Do your homework. Before committing to a smile makeover, interview the practitioner and ask questions about their training, continuing-education experience and what laboratory they use. Have them show you before-and-after photos."

## NEW WRINKLES IN SKIN AND BODY TREATMENT

There are several options for erasing those fine lines around the eyes, often referred to as crow's feet, or along the upper lip while also reducing pigmented lesions.

An acknowledged leader in the field of nonsurgical and minimally invasive techniques, Dr. Joseph S. Cervone, medical director of Concierge Skin Care, West Orange, has observed the positive results and how they contribute to a person's improved self-image.

"Generally, what I've found is that when people feel better about their appearance they start investing energy and time in their health, from eating better to exercising more," says Dr. Cervone.

"Ideally, it's best to begin at the first signs of aging in one's 30s or 40s as protection, but I've had patients as old as 94. No one wants to be pulled tight or look different. The goal is to make a person look better naturally. In today's job market, it also helps to get a little edge," Dr. Cervone comments.

CONTINUED ON PAGE 46

On the teaching staff at St. Barnabas Medical Center in Livingston and the University of Medicine and Dentistry, Dr. Cervone utilizes the latest laser technology, such as Affirm™, to achieve optimal results. Besides collagen remodeling and skin tightening, Affirm™ speeds up treatment time, while eliminating discomfort and down time.

Other procedures in Dr. Cervone's age-defying arsenal are Xenon Pulsed Light (XPL), a non-laser intense pulsed-light procedure that accompanies and complements the Affirm™ treatment for photo rejuvenation. It removes the ruddy pigmentation of sun-ravaged skin.

The newest defense against sagging skin on the face, neck, arms and abdomen is Titan™, which may be combined with the Genesis™ or Gentle Waves laser treatment commonly used to treat acne, surgical scars and rosacea. Other options for the face include laser resurfacing, dermal fillers and Botox, along with microdermabrasion. In the realm of body contouring, Dr. Cervone offers Vaser Shape, a noninvasive ultrasound technology, and Smartlipo™.

Combining the expertise of Medical Director Deborah Petrowsky, MD and aesthetic medicine physician Julia Griggs Garcia with the luxury and indulgence of a day spa, Vibrance

MedSpa in Denville offers a full range of services from facials, laser skin resurfacing, skin tightening and vibradermabrasion to laser hair reduction and Botox, Restylane, plus Juvederm.

Medical aesthetician Shannon Bartlett states, "We cater to a diverse group from their early 30s into their late 60s. The media influences a lot of people who want to feel and look good. All of our laser and injectable services are administered by our licensed physicians."

Earning accolades as Bayshore Community Hospital's Physician of the Year, Dr. Said A. Samra, FACS, FICS has been cited as one of Castle Connolly's Top Doctors in Plastic Surgery for 13 consecutive years. Maintaining offices in Holmdel and Old Bridge, the Samra Group LLC offers an extensive repertoire of procedures from facial surgery and skin resurfacing to body contouring.

Dr. Samra notes that the downturn in the economy has prompted a number of patients, who normally would have considered more complex, invasive and costly cosmetic procedures, to choose less invasive and less expensive procedures that will buy them time and delay the need for more extensive work.

"The use of injectables, including Botox, Dysport and the different modalities of filler treatments, has gained much more

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acceptance and become more widespread. Risks of neurolytic treatment [Botox] and filler treatment are mostly minimal when done appropriately," explains Dr. Samra.

"The same economic downturn has also encouraged some older men competing in the employment arena to consider cosmetic procedures," he continues. "Many have considered treating facial wrinkles, aging around the eyes, as well as liposuction, especially for enlarged male breasts. In fact, in our practice liposuction is and has been for the last couple of years the most commonly requested procedure," Samra says.

Dr. Samra foresees even greater strides in the reconstructive realm. "We have witnessed several cases of complex transplants, including face and hand transplants, which until recently were only a futuristic dream in the minds of some reconstructive and transplant surgeons."

As people age, the effects of gravity and daily stresses are reflected on their face. While a face-lift, technically known as rhytidectomy, can't stop the aging process, it can turn back the clock, according to Dr. Larry Weinstein, F.A.C.S. and chief of plastic surgery at Morristown Memorial Hospital.

Maintaining his practice, Weinstein Plastic Surgery Center in Summit, the Consumers Research Council of America's ranked

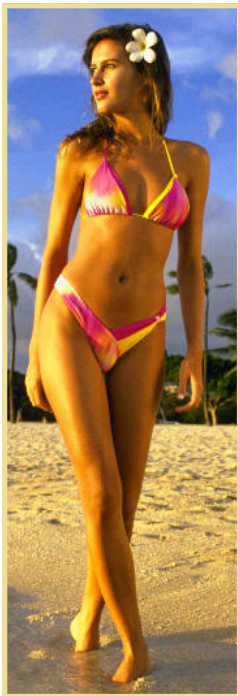
Top Surgeon explains, "The rate at which a person ages is determined by many factors such as genetics, whether they smoke and exposure to sun. As a woman ages, she tends to lose that definitive heart-shaped face, developing jowls and an overhang of skin on the neck.

"The best candidate for a face-lift is a man or woman whose skin still has some elasticity and whose bone structure is strong and well defined. Most patients are in their 40s to 60s, but face-lifts can be done successfully on people in their 70s or 80s."

Having received specialized training in Oncologic Surgery and Breast Reconstruction at Manhattan's Sloan Kettering Memorial, Dr. Weinstein has refined the art of breast augmentation in both technique and appearance through the use of self-locking sutures and the newer, safer, cohesive gel breast implants.

The main advantages are longevity and shape since these implants do not develop folds. If in the extremely rare occurrence the shell does fail, the memory gel is so thick it will not migrate.

Liposuction is not a short cut to weight loss, a fact stressed by Dr. Gary D. Breslow, FACS of the Breslow Center for Plastic Surgery and Medical Spa in Paramus. "Liposuction is intended to address problem areas such as the waist, thighs, stomach and



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buttocks that have not responded to diet and exercise. For best results, it is used in conjunction with another procedure such as a tummy tuck or abdominoplasty that removes excess fat and skin and tightens the abdomen wall," the board-certified surgeon explains.

Employing a number of different methods such as PowerSmooth, ultrasound-assisted, Tumescant and super wet technique, Dr. Breslow first separates the fat, using vibration to break up the cells, and then a cannula or hollow stainless steel tube to aspirate the fat cells with the assistance of a powerful vacuum. Finally, a girdle-like garment is worn to help smooth the surface.

"More than the method itself, one of the biggest concerns is the regulation of the body contouring which requires experienced and skilled technique. Without that it's possible to end up with a million dimples," Dr. Breslow cautions.


#### **ELIMINATING VARICOSE AND SPIDER VEINS**

Pants suits have become fashionable business attire, but the truth is both women and men rely on this coverup to conceal bulging as well as unsightly and sometimes painful varicose and spider veins.


At the Vein Institute of New Jersey in Morristown, Dr. Michael Ombrellino, F.A.C.S., a clinical associate professor of surgery at UMDNJ, has developed a successful and respected vein and peripheral arterial surgery practice.

For the smallest spider veins and broken capillaries on the face and legs, Dr. Ombrellino, who completed his vascular fellowship at North Shore University Hospital in Manhasset, Long Island, uses a practically painless laser treatment in his state-of-the-art facility.

Determining the severity of the condition, Dr. Ombrellino will use one of four techniques. Endovenous Laser – VenaCure™ is an alternative to surgical stripping: a laser fiber is inserted into the vein and delivers laser energy



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that causes the vein wall to collapse and seal shut. With the VNUS closure FAST™ procedure, Dr. Ombrellino inserts an electrical tube inside the vein to deliver radio/frequency energy that again causes the vein wall to collapse and seal shut.

The remaining two techniques are ambulatory phlebectomy and sclerotherapy. The first involves the removal of surface varicose veins under local anesthesia. In the latter a small amount of fluid is injected into the affected area, causing the vein to collapse and disappear.

"A person is never too old to look better," states Dr. Ombrellino, who acknowledges that Medicare covers only medically related conditions.


## TREATS FOR THE FEET

Summer is synonymous with outdoor activities, but a nasty nail bed and nail root infection can put a damper on a day at the beach. For more than two decades, Dr. Emanuel M. Haber of the Foot & Ankle Centre of New Jersey in Paramus has been treating a variety of nail and skin conditions affecting the foot with different lasers.

Dr. Haber's latest acquisition is the Noveon Laser, making him the first podiatrist in northern New Jersey to offer a cool laser to treat fungal infections. Using light waves, it treats only the affected area, leaving the surrounding healthy tissue alone.

Treatment consists of three 16-minute sessions, with a follow-up anti-fungal spray, according to Dr. Haber. On staff at the Valley Hospital in Ridgewood, Dr. Haber good-naturedly describes himself as the "GP," or general practitioner, of podiatry.

For weekend warriors, one of the most exciting developments is the Platelet Rich Plasma therapy that aids in the regeneration of ligament and tendon injuries. Relying on the body's ability

to heal itself, a concentrated dose of the patient's own platelet-rich plasma is injected at the site of the injury, spurring tissue recovery and often eliminating the need for surgery. 

## RESOURCES CONTINUED FROM PAGE 42

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