

135 East 71st Street,
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NEWSLETTER



DR DORIS DAY, MD, MA

FALL 2008

RECENT PUBLICATION & MEDIA APPEARANCES

- Good Morning America
- The Mike and Juliet Show
- September issue of Cosmopolitan Magazine (Including a great tip to keep your face acne-free and youthful)
- New York Magazine (July 28 -August 4)
- Monthly askHealth column featured in Health Magazine (July/August issue)
- U.S. News June 9; Dr. Day discusses photodynamic therapy

Upcoming Media Appearances

- MTV True Life in September
- Allure October Issue
- Glamour October Issue
- Health Magazine Monthly Q&A

To see the videos/magazine quotes, log on to:

www.MyClearSkin.com and select the in the media tab

Check out Dr. Doris Day on YouTube:

www.youtube.com/dorisdaymd

SPOTLIGHTED PROCEDURE: THERMAGE FOR CELLULITE

Thermage CL is a safe and easy procedure for the treatment of cellulite, ideal for this time of year! Thermage CL is designed to reduce the appearance of cellulite on the thigh and buttocks area in a single treatment, with no pain or downtime. Effects are noticeable immediately and continue to improve over the next six months, lasting for up to years after the treatment!

Thermage CL is one of the very few methods that produce significant improvement in the appearance of cellulite after only one treatment. Thermage CL offers a long-lasting solution to this common problem, by stimulating the existing collagen and promoting new collagen growth. There are many

myths regarding the treatment of cellulite, but believe me - rubbing coffee beans on your thighs has nothing on the Thermage CL procedure!

IN THE NEWS

According to a recent article in the *New York Times* titled "Wrinkle Removers, Backed by Science" from August 18, 2008, three anti-aging treatments have been proven clinically effective in improving the health and appearance of the skin.

Retinols
Carbon Dioxide Laser Resurfacing
Hyaluronic Acid Injections

Our office is consistently on the forefront in providing you with the most up to date and effective treatments.

DID YOU KNOW

- As you age, the collagen in your skin breaks down, resulting in wrinkles and saggy skin
- Face by Thermage stimulates existing collagen and promotes new collagen growth to smooth and tighten your skin in just one treatment.
- Face by Thermage is a great option for non-surgical treatment of the lower face and jawl.
- Body by Thermage can be used alone or in combination with the Cellulite treatment for body contouring and shaping, as well as in combination with the Cellulite treatment for body contouring and shaping, as well as smoothing and tightening.
- Body by Thermage is a safe and effective way to treat sagging skin and unwanted bulges, especially after pregnancy or weight loss.

VITAMIN B12 INJECTIONS

Vitamin B12 acts as an energizer, while releasing anti-stress elements throughout the body. It is well known that B12 is an integral part of treating Chronic Fatigue Syndrome. However, all patients can benefit from its energizing effects. Intramuscular B12 has been shown to be superior to taking B12 by mouth, due to its low level of gastrointestinal absorption. B12 injections are performed during a very short office visit once a month.

Call Dr. Day now to schedule your monthly energy boost!

PRODUCT LINE OF THE MONTH!

VIVITÉ™

The Vivite skin care line is now available in the office and includes:

Daily Antioxidant Facial Serum
Exfoliating Facial Cleanser
Night Renewal Facial Cream
Revitalizing Eye Cream

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Reminder! Appointments can be made on our website at www.myclearskin.com

INTRODUCING DR. HADLEY KING

Dr. Hadley King is a board certified dermatologist specializing in medical, surgical, and cosmetic dermatology.

Dr. King attended Harvard University before earning her MD from Columbia University. She completed her dermatology residency at Cornell University.

Make an appointment with Dr King—she is in the office on Tuesdays and Thursdays!

SPOTLIGHTED PROCEDURE!

INTRODUCING LAUREN STEIN, PA-C

Lauren Stein is a board certified physician assistant specializing in dermatology. Throughout her studies, she consistently made Dean's List and graduated with top academic honors. Lauren completed her dermatology training with Dr. Day.

Lauren is a wonderful part of our office and continues to offer the highest quality care.

DR DAY'S TIP OF THE MONTH

In order to minimize those end-of-summer acne breakouts use an alcohol-free toner!

Some people tend to break out more as the seasons change. Make sure to use a toner as a cooling and refreshing afternoon pick-me-up.

OUR SERVICES

- Thermage
- Botox
- Sculptra
- Juvederm
- Radiesse
- Perlane
- Restylane
- Botox for Excessive Sweating
- Aesthera Isolaz Treatment
- Active and Deep FX Laser (NEW!)
- Aluma
- V-Beam Laser
- Laser Treatments
- Laser Hair Removal
- Gentle Waves
- Collagen
- Photo Rejuvenation
- Photodynamic Therapy
- Chemical Peels
- Microdermabrasion
- Micropigmentation
- Melanage Peel (NEW!)
- Vitamin B12 Shots (NEW!)

WHAT'S *NEW* IN THE OFFICE

- Active/Deep FX
- Dr. Day's Melasma Peel

A single-treatment solution for fine lines, deep wrinkles, sun damage and scarring—with minimal downtime!

For the treatment of uneven pigmentation, deep pigmentation and melasma

OUR FAVORITE SUN-SCREENS

- Remergent
- ColorScience
- Neutrogena

Sunscreen is important all year round, not just in the summer months!

NEW