



Treatments, Trends & Technologies

Produced for the Patients of Dr. Melinda Gooderham

Fall 2010

from the doctor

Office Updates

I am always excited to keep you up to date on the changes to the clinic. SKiN Centre for Dermatology has joined a leading medical research group, Probitry Medical Research and will be part of investigating new drugs to treat diseases of the skin. This fall we are starting a trial for a new drug to treat psoriasis. Keep an eye out for details on this study in the office. Maybe you or someone you know could benefit from this trial. Our Study Nurse, Trish, and Clinical Trials Coordinator, Marie, would be happy to give you more information.



Also starting this fall/winter, Dr. Scott Hamilton and I are working closely together with the *Peterborough Regional Health Centre* and the *Durham Regional Cancer Centre* to develop a multidisciplinary skin cancer clinic - the first of its kind in Peterborough and the Kawartha region. Once a week, we will be offering dermatology, surgery, and radiation oncology -together to treat patients with skin cancer.

Also, I'm happy to welcome a skilled new Aesthetic Dermatology Nurse, Krista, to the team. Krista, a graduate of *Trent University's* nursing program who is also a Registered Nurse at the *Peterborough Regional Health Centre*, looks forward to meeting you and utilizing her skills to contribute to your wellbeing.

- Dr. Melinda Gooderham

What Is Rosacea?

Risks, symptoms, treatment, and more

Rosacea is a condition that currently affects an estimated four million Canadians, leaving them searching for answers. Here is some information about what Rosacea is, why it happens, and what you can do about it.

There are four types of Rosacea that can occur individually, a few at a time, or altogether:

Subtype 1 (Erythematotelangiectatic rosacea) - persistent redness, most often on the cheeks, but can also appear on the nose, chin, and forehead.

Subtype 2 (Papulopustular rosacea) - redness with small bumps and pimples, which may accompany Subtype 1.

Subtype 3 (Rhinophyma) - thickening of the skin, most often around the nose. It can sometime increase the size of the nose as excess tissue forms.

Subtype 4 (Ocular rosacea) - affects the eyes; causing dryness, burning, swollen eyelids, and styes (minor blockages of the glands around the eyelid and resulting in pimples or boils).

Although there is no known cause for Rosacea and it can affect people from all walks of life, it seems to occur most often in those with fair skin who are prone to blushing. It can start anywhere from age 30 to 60, and affects women more frequently, while men may suffer worse symptoms. There are also common triggers that can cause an outbreak, which include: exposure to sun, extreme hot or cold weather, alcohol, stress, wind, heavy exercise, humidity, spicy foods, hot beverages, and certain beauty or skin care products. Not all triggers cause the same response in everyone; you must carefully monitor what causes *your* reaction.

It's important to note that there is currently no cure for Rosacea, but avoiding your personal triggers and some treatment can help control your symptoms. For the papular or pustular component, topical antibiotics may work, but more severe rosacea or ocular involvement may require oral antibiotics. The redness and flushing can often be corrected using laser and light based therapies, such as BBL. Talk to us about what treatment might help your rosacea.



A look you'll love ... from the team you trust!

Facial Cysts, Moles And Scars

Benign skin lesions are unfortunately incredibly common, and can become a frustration for many. Cysts can either be of medical importance, with recurring infection and drainage, or may grow to the point of being cosmetically unappealing. Similarly, moles are often a cosmetic nuisance and may require removal if visual changes occur.

Cysts and moles rarely disappear on their own. There are a variety of surgical treatments available for removal, and the most appropriate method is chosen depending on the size and type of the lesion, as well as your skin characteristics. Many of these procedures end up being OHIP approved, though this is often not the case if purely cosmetic in nature.

Scars can be of similar concern for many, whether the result of an accident, surgery, a burn or acne. Once a scar forms, it is usually permanent, but may be made less visible or relocated. Options include laser, surgery, or medical injections.

With very few exceptions, most people are self-conscious about these types of facial lesions. It's fortunate that modern technology has provided methods to greatly improve their appearance! We therefore invite you to book a consultation with Dr. Scott Hamilton to discuss management options for your face or neck skin lesions.



Dr. Scott Hamilton



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Sciton's ProFractional XC laser has been upgraded once again. We are now able to treat the skin at a much faster rate, and deliver higher density area coverage for more efficacious results. Fractional lasers narrowly deliver tiny pixels in the skin to create both injury and quick wound healing response. By removing damaged tissue and causing deep dermal heating, new collagen formation is stimulated. This powerful revolutionary technology gives the best results, bar none for photoaging skin.

The system is very effective for reducing facial acne scars, fine lines, wrinkles, rough texture and crepey skin on the neck and under the eyes.

Clients tell us the most amazing results have been noticed for reduction of upper lip lines and acne scars. Common areas treated are face, neck, and chest or just localized areas such as the chin, upper lip or under the eyes.

You will now see significant results with one or two treatments. We recommend 4-5 days for full recovery.

Dermatologists concur ProFractional XC laser effectively targets flaws just below the skin's surface and penetrates deeper than other technologies - up to 1500 microns (full thickness of the dermis). Current clinical studies by dermatologists are investigating other applications for fractional technology... stretch marks and burn scars. Stay tuned!





Gone In 60 Seconds!

Men and women of all ages are currently seeking better alternatives to maintaining healthy, youthful, clear skin. Medical lasers have evolved to provide non-invasive treatments for certain benign skin conditions.

If you are annoyed by small facial spider veins, large blood vessels on the nose, rosy cheeks, Rosacea, cherry angiomas on the face/body or pigmented lesions such as age spots the *VariLite™* laser procedure can provide a safe and effective alternative. In our practice, we have found the VariLite laser a very useful tool. Clients ask us all the time "How did I get these broken blood vessels?" ...Vascular and pigmented lesions are a result of repeated sun exposure, injury, genetics and hormones.

The treatments are painless, quick and very effective with relatively no downtime. The laser's intense light is absorbed by the targeted lesion (blood vessel/pigmentation) without damage to surrounding skin. The light energy is then converted to heat and this initiates the process of eliminating the lesion. The treated lesion will gradually fade or in many cases will disappear immediately.

The number of sessions will depend on the type of vascular or pigmented lesions to be treated. Medium or larger vessels may take more than one treatment. However, in most cases one or two treatments deliver premium results. We have many happy, grateful clients that did not know there was such an easy option for removing annoying facial veins and vessels.

For even better results, the VariLite laser treatment can be done in conjunction with the BBL procedure to reduce and correct facial redness associated with Rosacea or photodamage.



**With treatments starting at \$175
we can show how to be free of
facial veins and sunspots... gone
in 60 seconds.**

Repair, Reduce & Restore!

**Photorejuvenation
for your face,
chest, neck, legs
and hands**

In the last few years, cosmetic medicine has undergone a revolution produced by the invention of new techniques and technologies designed to make treatment safer, easier, and less invasive. The broad band light treatment (BBL) is one example of how a new invention makes it so much easier to have clearer skin that's free of sunspots, blood vessels, redness and rosacea. The BBL treatment (similar to a camera flash) penetrates the first layer of your skin (epidermis) where pigment cells are found and to the deeper layer (dermis) where your blood vessels are found. Within three to six treatments, usually lasting less than an hour, this non-invasive treatment stimulates the collagen within your skin, reduces red and brown spots, and corrects uneven skin texture. The BBL laser, referred to as "photorejuvenation," is also an excellent way to remove sundamage on the body and is the #1 procedure worldwide for the treatment of rosacea, a persistent, inflammatory facial skin condition that effects millions of people. Many of our clients suffering from rosacea have received long-lasting, outstanding results. Say goodbye to makeup forever! If you are interested in BBL treatments, we require 3 weeks without prolonged sun exposure, while you have been applying a daily sunscreen. Please don't hesitate to call us for a consultation if you want to be rid of what the BBL can tackle: discolouration on your face, chest, neck or hands.

Say Goodbye To Love Handles, Back Fat And Post-Pregnancy Pooch

CoolSculpting 'Freezes Away' Resistant Fat

SKiN Laser Clinic is proud to be one of the first in Canada to offer the CoolSculpting procedure. We have been treating patients and staff with CoolSculpting since May and have seen excellent results.

This is great news for men and women dealing with those exercise and diet-resistant problem areas.

"CoolSculpting is an exciting new approach that is non-invasive and has shown significant results in clinical studies for removing fat without the potential risks and downtime of invasive procedures" said Dr. Jean Carruthers of Dr. Jean Carruthers Cosmetic Surgery Inc. and Dr. Alastair Carruthers Cosmetic Dermatologist in Vancouver, the originators of Botox® 20 years ago.

"There is a strong demand for non-invasive procedures that can address the concerns of people who are not considered overweight, but despite diet and exercise, have pockets of fat that bother them."



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office information



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Office Hours

Monday 9:00 am – 5:00 pm
Tuesday 9:00 am – 5:00 pm
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Thursday 9:00 am – 5:00 pm
Friday 9:00 am – 4:00 pm

*Evenings and selected Saturdays by appointment

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*A look you'll love ...
from the team
you trust!*

Unlike most other methods of fat reduction, CoolSculpting involves no needles, surgery or downtime. Patients can have additional procedures for more pronounced effects if they desire. Common areas treated are belly, back fat and love handles.

The CoolSculpting procedure is currently available through top dermatologists and cosmetic surgeons comprising an elite network of CoolSculpting Centres across Canada. www.coolsculpting.ca.

Check out Youtube/Zeltiq for up-to-date videos and Twitter for patient testimonials across North America. Jenn McVicar and Krista Leveck are happy to answer all your questions in a complimentary consultation.

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