

ANTI-AGING SAVE FACE: NON SURGICAL FACELIFT

Time marches on and eventually you realize it's marching across your face. As we age, we lose volume and elasticity. Signs of premature aging include facial and forehead wrinkles, hyper pigmentation (dark spots), crow's feet, lax skin on the jowls and neck, and smile lines. "Traditionally, you had to go to plastic surgeons to get a face lift for corrections. Now with advancements in technology, you can achieve great results using laser treatments," explains Dr. Erik Suh, medical director and family physician at Eastside Primary Care & Wellness in Bellevue. Dr. Suh offers the most comprehensive medical care with a focus on wellness, prevention, and aesthetics.

The non-surgical face lift is a customized combination of non-invasive procedures that LIFT, RESTORE VOLUME, RESURFACE, and TIGHTENS skin improving overall facial appearance. These new technologies include IPL (Intense Pulsed Light), MicroLaserPeel, and SkinTyte™. The best results are achieved by a combination of laser treatments with BOTOX™ and dermal fillers, such as Juvederm®, or you can target one area of the face (i.e. BOTOX™ for the forehead wrinkles) and take ten years off of your face. Non-surgical face lift procedures are often less expensive and require a shorter recovery time than the surgical alternative. "I believe that treating the whole person from inside out will give the most lasting impression on overall health and beauty." Dr. Suh accomplishes this with nutritional counseling, reduction of aging risks, and use of products and procedures to maximize results for his patients.

RESTORE VOLUME

HOW TO FIX THE PROBLEM: Hyaluronic acid fillers, such as Juvéderm™ is an all natural, safe, and very effective way to instantly restore your skin's volume and smooth away facial wrinkles and folds, like your "smile lines" or "parentheses" that run from the bottom of your nose to the corners of your mouth.

RESULTS: Average \$12.00- \$16.00 per unit. Results can last 12 months.

SMOOTH WRINKLES

HOW TO FIX THE PROBLEM: The most popular non-surgical face lift procedure is Botox™. BOTOX™ involves a series of injections in the facial area that work to relax the muscles in the area to smooth the skin. "You can literally take 10 years off of your face in 10 minutes," says Dr. Suh.

RESULTS: Average \$12.00- \$16.00 per unit. Results last three to six months.

REJUVENATE UNEVEN COMPLEXION

HOW TO FIX THE PROBLEM: MicroLaserPeel® resurfaces the top layer of the skin to improve uneven texture, crepey skin, superficial wrinkles, blotchiness, and dark spots. Also known as, a Weekend Peel, "treatment on Thursday, back to work on Monday, improves the skin's appearance with minimal recovery time.

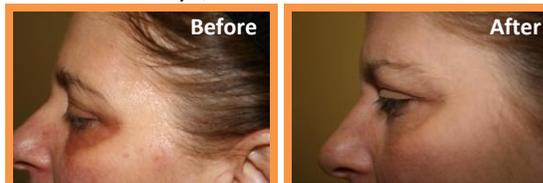
RESULTS: The skin will resemble sunburn for 2-3 days after the procedure. Results include improved skin texture and complexion.

LASER SKIN REJUVENATION

Eastside Primary Care & Wellness uses the latest in laser rejuvenation technology, the Sciton® ProFractional™ laser. This is an FDA approved laser treatment for lax skin on the face and neck, stimulates collagen remodeling and toning of your skin. This laser procedure dramatically improves the texture of the skin with minimal or no downtime. The treatment has also been proven to smooth out acne scars, improve pigmentation problems such as melasma and brown spots, lighten age spots, and reduce fine lines along with moderate lines and wrinkles. Treatments are quick and convenient; they normally take about 20-60 minutes. ProFractional™ Laser treatment leaves surrounding tissue unaffected and intact allowing the skin to heal much faster thereby requiring minimal downtime.

After your first treatment, you will begin to see and feel the difference in your skin, however, 3-4 sessions scheduled 4-8 weeks apart is recommended for best results. The first few days after the treatment the skin resembles a moderate sunburn. As new collagen forms, your skin will become softer, smoother and tighter. Optimal results are usually visible within 2-3 months. ProFractional requires a couple days of downtime and requires a topical anesthesia. Pricing starts at \$400 per treatment.

Sciton laser – IPL laser eyes, nose and cheek



ANTIOXIDANTS: THE FOUNTAIN OF YOUTH?

Most of us do not know or realize how important antioxidants are to aging. "Patients are initially interested in procedures for the quick fix but they lack the motivation for long term maintenance." Dr. Suh customizes plans for his patients including supplements and topical products with antioxidants. Anti-aging through antioxidants is the key to slowing down the progression of aging, which shows its face as wrinkles and loss of collagen and elastin in the skin. ■