



DERMATOLOGY NEWSLETTER

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What's New in Fall/Winter of 2004?

Dr. Farris has just returned from a trip to Asia including stops in Thailand and China. She was a featured speaker at the NuSkin 20th Anniversary Convention held in Hong Kong. Dr. Farris attended the International Society for Cosmetic Laser Surgery and the Fall Clinical Dermatology Symposium in Las Vegas where she lectured on "What's New in Topical Treatments for Aging Skin." She also traveled to the Napa Valley, California where she attended the American Dermatologic Association meeting.

In the News

The November issue of Oprah Magazine features no-nonsense advice from Dr. Farris on choosing facial moisturizers. "If your skin is sensitive, avoid moisturizers containing lanolin and fragrance," says Farris. Natural Health Magazines November issue featured quotes by Dr. Farris on the use of topical vitamin C to treat aging skin. This article "Look younger, Longer" reviewed a variety of antioxidant vitamins useful for keeping skin looking younger. She was also quoted in Consumer Digests October issue in an article outlining the controversy surrounding the possible link between preservatives found in deodorant and breast cancer. Dr. Farris cautioned, "Just because two things are temporally related doesn't necessarily mean one caused the other." In addition, Dr. Farris has been chosen to participate in the special addition of In Style Magazine featuring select dermatologists across the country that will use their expertise to judge over 100 skin care products. The results of this survey will be published next spring in *In Style*.

Jane Seymour Joins the Natural Advantage Team!

Natural Advantage will have a new face as Jane Seymour becomes our national spokesperson. Jane will replace Kathie Lee Gifford. Jane has been using Natural Advantage herself and is thrilled about the way

her skin looks after using this anti-aging cosmeceutical system for just a few months. Jane and her mother will be featured in the new direct response commercial. Dr. Farris is excited about the opportunity to work with Jane and looks forward to filming the new commercial in Los Angeles this November. It is scheduled to air in the first quarter of 2005.

Mirror, Mirror on the Wall?

If you've been gazing into the mirror and wondering just how well you are aging, then **Visia Complexion Analysis** is for you! Dr. Farris is the first dermatologist in New Orleans to offer the **Visia Complexion Analysis**. This photographic system allows us to evaluate skin wrinkling, pigmentation, porphyrins and pore size. By using both digital and UV photographs, **Visia** can assess your skin and then tell you how you're aging compared to other women your age. Schedule a cosmetic consultation with Dr. Farris and we will include a full complexion analysis. Your **Visia Complexion Analysis** can be used to assist Dr. Farris in designing an anti-aging strategy especially for you!

Erase the Summertime Blues

With the summer behind you, it's time to get your skin ready for the holidays and the new year. **ProLite**, or intense pulsed light treatment, removes brown spots and discoloration left by last summers tan. **ProLite** can be used on the face, chest, neck and even for stubborn freckles on the back and arms. Tired of that red neck? **ProLite** can help that too! After several treatments, your skin will begin to lighten and look years younger as dark spots and discolorations fade. **Chemical peels** and **microdermabrasion** give skin a new glow by making it smoother and more even. And for those of you troubled by deeper lines and wrinkles, **Botox** in combination with the hottest new injectables like **Restylane** or **Hylaform** will smooth things out nicely! The newly approved **Hylaform Plus** is a great option for those of you with deep laugh lines. This treatment is sure to keep you smiling.

Hope in a Bottle

Next year we are expecting several new exciting products to help turn back the hands of time. **Prevage**® is a newly formulated lotion that contains the compound idebenone. Idebenone is a synthetic derivative of co-enzyme Q10 and is one of the hottest new ingredients in the marketplace. Allure magazine chose **Prevage**® as one of the best new products of 2004. **Prevage**® has been shown to soften fine lines and wrinkles and protects skin from photodamage. Dr. Farris was one of the first dermatologists to test **Prevage**® and she expects that it will be available in our office in January 2005. And for those who are faithful **Natural Advantage** users, be on the lookout for a new and improved version of the three piece kit that will be launched next year. We are sure you will enjoy the newly formulated moisturizer that will hydrate and soften your skin. Our specially designed **neck firming cream** and **hydrating eye cream** are great additions to your winter skin regimen.

You Are What You Eat

Many patients have asked "does my diet affect the way my skin ages?" The answer is "of course it does, but only in a general way." There are no studies that directly link certain dietary habits with skin aging. We know that diets rich in antioxidant containing fruits and vegetables are good for you but most of the antioxidants you ingest end up in organs like the heart and liver where they are needed. The best way to deliver antioxidant power to the skin is by applying it directly on the skin. This is the reason that dermatologists use creams and lotions containing antioxidants like vitamin A (retinol), vitamin C and idebenone. All of these ingredients pack a powerful punch to prevent skin aging. Dr. Farris will be happy to help you choose an antioxidant product that's right for you.