



Dear patients, colleagues and friends,

As summer transitions into fall, I always find myself reflecting on the exciting developments happening both within our practice and throughout the field of dermatology and aesthetic medicine.

This spring, I had the opportunity to attend and present at the American Society for Laser Medicine and Surgery (ASLMS) annual meeting in Savannah, Georgia. One of the topics I presented was the growing challenge of treating facial and body changes associated with significant weight loss, particularly among patients using GLP-1 medications. While these medications have transformed the lives of many patients by helping them achieve meaningful health goals, they have also created new aesthetic concerns related to facial volume loss, skin laxity, and muscle loss.

One of the major themes emerging from both research and clinical experience is the importance of combination therapy. We are finding that the best outcomes often come from addressing multiple aspects of aging and weight loss simultaneously. This may include collagen-stimulating treatments such as Sofwave®, regenerative procedures, volume restoration, laser treatments, and muscle stimulation technologies that help support strength and function. As aesthetic medicine continues to evolve, we are increasingly focused not just on helping patients look better, but also on helping them age healthier and feel stronger.

Clinical research continues to be one of the most rewarding parts of my career, and our clinical research team remains actively involved in advancing the future of dermatology and aesthetics. This year, we completed an exciting study involving CoolSculpting® & CoolTone®. While I can't share

See "letter continued" page 05.

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 Amy Forman Taub, MD

Specials & Events

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Spend \$151 – \$250 - Get 15% OFF

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15% OFF 1 Tissue Tightening Treatment (Emface®, Ultherapy®, Thermage®, Pelleve®, TriPollar™ Apollo®, Sofwave™)



Pair your treatment with Sculptra® to boost your savings to 20% OFF and elevate your results with restored volume and definition that complement tighter, smoother skin.

**Standard terms & conditions apply. Treatments must be performed 7/1/2026–7/31/2026. Paired services may be scheduled together on the same day or separately.*

July 1–31 • Advanced Dermatology •

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Option 2: Purchase an Emface® package for 3+ treatment areas, receive 2 additional Emface® treatments FREE

**Standard terms & conditions apply. Additional terms & conditions: Can be pre-purchased, first treatment must be performed 7/1/2026–7/31/2026. Complimentary treatments must be used on the same treatment area(s) purchased. Offers cannot be combined unless otherwise specified.*

August 1–31 • Advanced Dermatology •

AESTHETIC PACKAGE:

Buy 3 Chemical Peels, Get 1 FREE! (Chemical Peels, DiamondGlow™, Dermaplaning, or HydraFacial®)

**Standard terms & conditions apply. Additional terms & conditions: Can be pre-purchased, first treatment must be performed 8/1/2026–8/31/2026. Cosmetic DiamondGlow™ treatments only, not applicable to DiamondGlow™ treatments that are submitted to insurance. Treatments can't be mixed and matched.*

September 14–18 • Advanced Dermatology •

INJECTABLE FILLER WEEK:

15% OFF - 2 syringes or more of all Allergan (Juvéderm® Family: Ultra, Ultra Plus, Voluma®, Volbella®, Volux®) **injectable fillers this week only!**



Receive 30 units or more of neurotoxin on the same day as your Injectable Filler treatment to boost your savings to 20% OFF.

**Standard terms & conditions apply. Additional terms & conditions: Minimum of 2 syringes. Only applicable to 1 mL syringes. Special pricing will not be honored on any other day and all syringes must be used at the time of purchase. A \$100 deposit is required to schedule this appointment and will be applied to this visit. If you have not had an injectable filler consultation before, you must have one prior to treatment. PDL for bruising is not complimentary following filler week treatments. We cannot guarantee an appointment would be available even for a treatment that is not complimentary due to the high volume of patients being treated during filler week. Please do not schedule dental surgery or vaccinations within 2 weeks of your injectable filler appointment. skinfo® promotion valid in-store only. Paired services must be scheduled together on the same day. Treatments must be performed 9/14/2026–9/18/2026.*

September 21–25 • Advanced Dermatology •

COSMETIC & LASER WEEK!

SAVE on over 25 treatments, choose from the following promotions* or have them all!

**Standard terms & conditions apply. Additional terms & conditions: May be pre-purchased. See page 4 for details.*

October Sculptra Days • Advanced Dermatology •

15% OFF* Sculptra® – October 6

Treatment with Dr. Taub

15% OFF* Sculptra® – October 13

Treatment with Dr. Leger

15% OFF* Sculptra® – October 29

Treatment with Ann Cameron Schieber, PA-C



Pair your treatment with Sofwave® or EmFace® and boost your savings to 20% OFF, combining collagen stimulation, skin tightening, and structural support for smoother, firmer, and more lifted-looking skin.

**Standard terms & conditions apply. Additional terms & conditions: Sculptra® treatment must be performed on the specified date and with the provider listed above. Paired services may be scheduled together on the same day or separately.*

NOTICE: Advanced Dermatology is now part of Forefront Dermatology, as announced November 2023. Please note that any balance owed for a medical visit will result in a bill sent to your home from Forefront Dermatology. If you receive such a bill, rest assured it is legitimate and reflects your recent visit with us. Thank you for your understanding!

October 19–22 • Advanced Dermatology •

BOOTOX: 15% OFF Neuromodulators (BOTOX®, Dysport®, Xeomin®, Daxxify®, Jeuveau®).



Pair your treatment with Injectable Filler and boost your savings to 20% OFF and elevate your results with restored volume, smoother contours, and a more youthful balance that perfectly complements your wrinkle-relaxing treatment.

Additional in-store skinfo® promotion exclusive to Advanced Dermatology patients: 20% OFF Revision® Revox™ Line Relaxer or Skinceuticals® P-tiox

**Standard terms & conditions apply. Additional terms & conditions: Treatments must be performed 10/19/2026-10/22/2026. 30 units minimum. \$250 minimum charge for all neuromodulators. Paired services must be scheduled together on the same day.*

October 19–22 • skinfo® •

Semi-Annual Sale Days 20% OFF* All Products Available in-store and on skinfo.com.

***Standard terms & conditions apply. Additional terms & conditions noted on skinfo.com.*

October 23–25 • skinfo® •

Last Chance Sale 15% OFF* All Products Available in-store and on skinfo.com.

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November 1–30 • Advanced Dermatology •

15% OFF* Laser Resurfacing (CO2RE, Fraxel®, or Ultraclear® Treatment)



Pair your treatment with DiamondGlow® to boost your savings to 20% OFF and elevate your results by exfoliating, hydrating, and preparing the skin for a smoother resurfacing experience and a brighter, more radiant outcome.

**Standard terms & conditions apply. Additional terms & conditions: Treatments must be performed between 11/1/2026 and 11/30/2026. Not valid on melasma treatments. To qualify for ADV Booster™ savings, DiamondGlow® must be scheduled and performed approximately one week prior to your resurfacing treatment. Cosmetic DiamondGlow™ treatments only, not applicable to DiamondGlow™ treatments that are submitted to insurance.*

November 1–30 • Advanced Dermatology •

2 FREE CoolTone® Treatment with the Purchase of a CoolSculpting® Series

**Standard terms & conditions apply. Additional terms & conditions: First CoolSculpting® treatment must be performed between 11/1/2026 and 11/30/2026. Two complimentary CoolTone® treatments must be redeemed during the same visits as the first and second CoolSculpting® treatment sessions. Offer valid on new CoolSculpting® series purchases only.*

November 27 • skinfo® •

BLACK FRIDAY Scratch & Save Patients that come into skinfo® today, receive a scratch-off card for savings.

Possible scratch-off discounts include:

- 10% OFF* entire order
- 15% OFF* entire order
- 20% OFF* entire order



More Black Friday & Cyber Monday deals at skinfo.com!

***Standard terms & conditions apply. Additional terms & conditions:*

Available in-store only. One scratch-off card for savings. One scratch-off per person. Cannot exchange scratch-off for higher discount.

December 1–31 • Advanced Dermatology •

15% OFF* Cosmetic Hairloss (PRP, KeraLase®, Keraneedling)



Purchase a Kerafactor® home-use device (KeraFlex Duo or KeraFlex Laser Cap) from skinfo® or skinfo.com and boost your treatment savings to 20% OFF. Combining

in-office treatments with at-home low-level laser therapy helps support scalp health, stimulate hair follicles, and enhance your overall hair restoration results.

**Standard terms & conditions apply. Additional terms & conditions: Treatment must be performed between 12/1/2026 and 12/31/2026. To qualify for ADV Booster™ savings, a Kerafactor® KeraFlex Duo or KeraFlex Laser Cap must be purchased from skinfo® or skinfo.com between 12/1/2026 and 12/31/2026. Proof of purchase must be presented at the time of payment. The additional 5% discount applies to the cosmetic hairloss treatment only and does not apply to the Kerafactor® device purchase.*

December 1–31 • Advanced Dermatology •

Laser Hair Removal Package: Buy 5, Get 1 FREE!

**Standard terms & conditions apply. Additional terms & conditions: All treatments must be same area. 1st treatment must be completed by 1/31/2027.*

December 4–12 • skinfo® •

Hanukkah Spend & Save

- Spend up to \$150, Save 10%
- Spend \$151–\$250, Save 15%
- Spend more than \$251, Save 20%



Please note: No discount code needed. Discount automatically applied at checkout on skinfo.com

***Standard terms & conditions apply. Additional terms & conditions noted on skinfo.com.*

December 11–24 • Advanced Dermatology •

12 Days of Christmas! Choose from the following promotions* – or have them all!

**Standard terms & conditions apply. Additional terms & conditions: Can be pre-purchased. Limit one special per day, per person. See page 4 for details.*



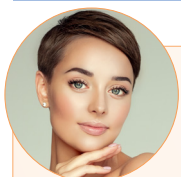
Advanced Dermatology (Standard Terms & Conditions)

**One per person. Not valid on medical treatments. Offers cannot be pre-purchased unless otherwise stated, applied to past purchases, or combined with other offers other than Allē® Rewards, Aspire® Rewards, and ADVantage Loyalty. Space may be limited. Consultation fee of \$100 will be applied to cost of service if consultation is within 60 days & not applied to any other service & treatment is \$350 or more. \$100 discount fee is taken off prior to promotion discounts being applied.*

skinfo® (Standard Terms & Conditions)

***One per person. Cannot be combined with other offers other than skinfo® Loyalty, Allē® Rewards, Neo Rewards, and Lasting Beauty Rewards, or applied towards past purchases. Not valid on prescription products. Cannot be split into multiple transactions. All sales are final. skinfo.com promotions always exclude DefenAge® and eltaMD® products, if one of these brands is included in a promotion, please call or text us at 847-459-2800 to order these products at promotional price.*

Terms and conditions are subject to change and may contain further restrictions, please refer to "Specials & Events" page on advdermatology.com and skinfo.com to see individual promotional terms and conditions.



Advanced Dermatology • Cosmetic & Laser Week • September 21–25

SAVE on over 25 treatments, choose from the following promotions* or have them all!

Each patient must receive a consultation prior to booking their appointment, so please book your consultation in advance. Call or text us at 847.459.6400 to schedule!

- Emsculpt NEO® – 10% OFF
- Cosmetic Hair Loss Treatment (KeraLase™, PRP, Keraneedling) – 10% OFF
- Sublative Rejuvenation with eMatrix™ – 10% OFF
- Tissue Tightening Treatments (Thermage®, Sublime™, Pelleve®, TriPollar™ Apollo®, Sofwave™) – 10% OFF
- Fraxel® or LaseMD® – 10% OFF
- Microneedling – 10% OFF
- truSculpt® iD – 10% OFF
- Photorejuvenation or Q-switched – 10% OFF
- Laser Leg Veins – 10% OFF
- Laser Hair Removal – 10% OFF
- Laser Tattoo Removal – 10% OFF
- Clear + Brilliant® or Clear + Brilliant® DUAL – 10% OFF
- UltraClear® - \$100 OFF
- CO2RE Fractional CO2 Resurfacing – \$100 OFF
- Genius™ Radiofrequency Microneedling – \$100 OFF
- Ultherapy® – 20% OFF
- Aerolase® LightPodNeo® (Acne Laser Treatment) – 10% OFF
- Injectable Fillers** – 15% OFF each syringe (maximum of 2 syringes)
- Emsella® – 10% OFF
- Emface® – 10% OFF

*Standard terms & conditions apply. Additional terms & conditions: May be pre-purchased. Multiple promotions can be purchased by one person, except for injectable fillers which must be completed the week of 9/21/26-9/25/26. Not applicable with treatment package pricing.

Advanced Dermatology • INJECTABLE FILLER WEEK • September 14–18

SAVE 15% OFF* on 2 syringes or more of all Allergan (Juvéderm® Family: Ultra, Ultra Plus, Voluma®, Volbella®, Volux®) injectable fillers this week only! Please book your consultation in advance to benefit from this event week.



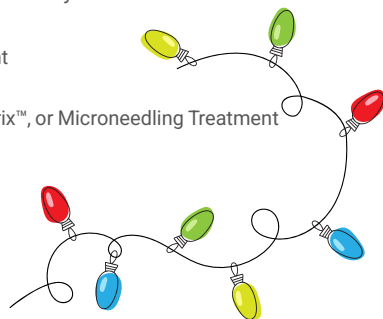
Receive **30 units or more of neurotoxin on the same day as your Injectable Filler treatment** to boost your savings to **20% OFF**.

*Standard terms & conditions apply. Additional terms & conditions: **Minimum of 2 syringes**. Only applicable to 1 mL syringes. Special pricing will not be honored on any other day and all syringes must be used at the time of purchase. A \$100 deposit is required to schedule this appointment and will be applied to this visit. If you have not had an injectable filler consultation before, you must have one prior to treatment. **PDL for bruising is not complimentary following filler week treatments.** We cannot guarantee an appointment would be available even for a treatment that is not complimentary due to the high volume of patients being treated during filler week. Please do not schedule dental surgery or vaccinations within 2 weeks of your injectable filler appointment. skinfo® promotion valid in-store only. Paired services must be scheduled together on the same day. Treatments must be performed 9/14/2026-9/18/2026.

Advanced Dermatology • 12 Days of Christmas • December 11–24

Choose from the following promotions* – or have them all! Each patient must have a consultation prior to booking their appointment, so please schedule your consultation in advance if you haven't had a consultation on the service of interest. **Call or text us at 847-459-6400 to schedule!**

- **December 11th • 15% OFF** – 1 Photorejuvenation or Q-Switched Treatment
- **December 12th • 15% OFF** – 1 Emface® Treatment
- **December 14th • 15% OFF** – 1 Genius™, Sublative Rejuvenation with eMatrix™, or Microneedling Treatment
- **December 15th • 15% OFF** – Sculptra® (2 vials)
- **December 16th • 15% OFF** – 1 Injectable filler treatment (up to 2 syringes)
- **December 17th • 20% OFF** – 1 Laser Hair Removal Treatment
- **December 18th • 15% OFF** – 1 LaseMD® or Fraxel® Treatment
- **December 19th • 15% OFF** – 1 Clear + Brilliant® DUAL Treatment
- **December 21st • 15% OFF** – 1 CO2RE Resurfacing Treatment
- **December 22nd • 20% OFF** – 1 Aesthetic (Chemical Peel, DiamondGlow™, HydraFacial®, or Dermaplaning) Treatment
- **December 23rd • 15% OFF** – 1 Thermage®, Ultherapy®, or Sofwave™ Treatment
- **December 24th • 15% OFF** – 1 Advanced Rejuvenation Treatment (LaseMD® + DermaV®)



*Standard terms & conditions apply. Additional terms & conditions: Can be pre-purchased. Limit one special per day, per person. Cosmetic DiamondGlow™ treatments only, not applicable to DiamondGlow™ treatments that are submitted to insurance.

the results quite yet, one of the most meaningful findings was not simply how patients looked, but how they felt. Many participants reported increased confidence in their appearance and improvements in their overall quality of life, including feeling more comfortable and self-assured in their personal lives. Stay tuned as we look forward to sharing more when the data becomes publicly available.

We have also recently completed research involving injection of hyaluronic acid filler for facial volume loss associated with significant weight loss, often referred to in the media as "Ozempic Face." This issue has become increasingly relevant as more patients achieve dramatic weight loss through lifestyle changes and GLP-1 medications. In this issue of the newsletter, you'll find an article discussing new research on this topic and the treatment options available to help patients maintain facial balance and confidence throughout their weight loss journey.

In addition, we are currently participating in studies involving innovative next-generation fillers and regenerative technologies that have generated tremendous excitement among both patients and investigators. While some of these treatments are not yet FDA approved and we cannot discuss details, it is an exciting reminder that the future of aesthetic medicine continues to move forward at an incredible pace.

As always, we've packed this issue with information designed to help you make informed decisions about your skin, hair, and overall wellness. You'll find practical guidance on protecting yourself and your family during what has been an especially active tick season and updates on our new photodynamic therapy (PDT) protocol that offers a more comfortable treatment experience. We also explore common concerns such as perimenopausal skin changes and eyelid eczema.

On the aesthetic side, we're sharing some of the treatments and technologies that are generating the most excitement in our practice, including UltraClear® laser resurfacing, innovative approaches to hair restoration with Keraneedling™, and the growing role of muscle stimulation technologies in healthy aging and longevity. You'll also find articles discussing cosmetic options after Mohs surgery, the concept of perception drift and why annual cosmetic consultations matter. Finally, we highlight an exciting new skincare innovation within the emerging field of longevity skincare, as well as, the hidden UV exposure that occurs while flying.

On a more personal note, I was fortunate to spend time in Snowmass this year, one of my favorite places to recharge. As usual, skiing remains one of my favorite activities, and we were lucky enough to visit during two of the best snow periods of the season. I also have a new favorite title these days: Mimi. My grandson has officially started calling me by name, and I can honestly say that hearing "Mimi" never gets old.

Whether you're visiting us for medical dermatology, skin cancer prevention, cosmetic treatments, skincare guidance, or simply to learn about the newest innovations in healthy aging, thank you for allowing us to be part of your journey. Our team remains committed to bringing you the latest advances in dermatology while providing the personalized care that has always been at the heart of our practice.



Wishing you and your family a healthy, happy, and beautiful season ahead.

Warm regards,

Amy Forman Taub, MD, FAAD

And the Staff of Advanced Dermatology, A Forefront Dermatology Practice & skinfo®,
A Forefront Skincare Boutique



Career CORNER

Look Around...

If you know of anyone who would like to pursue a career at the award-winning offices of Advanced Dermatology or skinfo®, please let us know!

Open Positions:

- Advanced Dermatology Patient Service Representative
- Advanced Dermatology Medical Assistant
- skinfo® Skincare Specialist

Direct resumes to:

Ashley Poyser, Practice Manager

Email: ashley.poyser@forefrontderm.com



Tick Season Is Here: How to Prevent Lyme Disease and Protect Your Family and Pets

by *Monika Kaniszweska, MD, FAAD, with the practice since 2018.*

If it seems like everyone knows someone who has found a tick this year, you're not imagining things. Across much of the Midwest and Northeast, tick populations have been thriving, and healthcare providers are seeing increased concern about Lyme disease and other tick-borne illnesses.

While most tick bites are harmless, some ticks can transmit serious diseases, including Lyme disease, an infection caused by the bacterium *Borrelia burgdorferi*. Lyme disease can lead to fatigue, fever, headaches, joint pain, neurological symptoms, and, if left untreated, long-term health complications.

The good news? Most tick bites, and many cases of Lyme disease, can be prevented with a few simple precautions.

Before heading outdoors, especially into grassy, wooded, or brush-filled areas, dress defensively. Wear light-colored clothing so ticks are easier to spot, choose long sleeves and long pants whenever possible, and tuck pant legs into socks or footwear. Because immature ticks often wait near ground level, this simple step can dramatically reduce their ability to reach exposed skin.

One of the most effective prevention tools available is permethrin-treated clothing. Research has shown that clothing treated with 0.5% permethrin can kill ticks on contact and provides superior protection compared to clothing treated with traditional insect repellents alone. Permethrin should only be applied to clothing, shoes, socks, and outdoor gear—never directly to the skin. Many commercially available outdoor clothing brands now offer pre-treated garments as well.

For exposed skin, experts recommend EPA-registered repellents such as DEET, picaridin, IR3535, oil of lemon eucalyptus (for individuals over age three), or 2-undecanone. According to the Infectious Diseases Society of America (IDSA), the most effective strategy for individuals who spend significant time outdoors is combining permethrin-treated clothing with a skin repellent such as DEET or picaridin.

It's important to note that many natural or essential oil-based tick repellents marketed online, including products containing rosemary, geraniol, or lemongrass, have not demonstrated the same level of effectiveness

in scientific studies. While they may sound appealing, they should not be relied upon as your primary defense against tick bites.

Another important summer reminder: if you're applying both sunscreen and insect repellent, apply your sunscreen first and then your repellent. Experts discourage combination sunscreen-insect repellent products because sunscreen requires more frequent reapplication than repellents.

After spending time outdoors, perform a thorough tick check as soon as possible. Pay particular attention to the scalp, hairline, behind the ears, under the arms, around the belly button, groin area, behind the knees, and along the neckline. Showering within two hours of coming indoors has been shown to reduce the risk of Lyme disease and may help wash away unattached ticks before they can bite.

Don't forget about your clothing. Ticks can survive on fabric for hours after outdoor exposure. Place clothing in a dryer on high heat for at least 10 minutes before laundering, or wash clothes in hot water. Pet owners should also ensure dogs and cats are receiving veterinarian-recommended tick prevention treatments.

If you discover an attached tick, remove it promptly using clean, fine-tipped tweezers. Grasp the tick as close to the skin as possible and pull upward with steady, even pressure. Avoid remedies such as burning the tick, coating it with petroleum jelly, nail polish, or essential oils, as these methods can actually increase the risk of disease transmission. Many outdoor enthusiasts also keep dedicated tick removal tools on

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**Standard terms & conditions apply. (see page 3)

hand, such as the Vibrant Life® Medium & Large Tick Removers, which can make removal easier.

If possible, save the tick in a sealed bag or tape it to a piece of paper, noting the date and location where exposure occurred. This information may be useful if symptoms develop or to help identify the type of tick. In particular, an Ixodes ("deer tick") is responsible for Lyme disease transmission especially during spring and summer.

Finally, seek medical attention if you develop a rash, fever, fatigue, joint pain, or flu-like symptoms following a tick bite. Transmission of Lyme typically requires the tick to be attached for 24-48 hours. A healthcare provider may recommend a single preventive dose of doxycycline if treatment can be started within 72 hours of tick removal. There are lab tests to help diagnose Lyme disease if you are beyond this time window.



A Better Photodynamic Therapy (PDT) Experience: Same Trusted Treatment, Improved Patient Comfort

by Ann Cameron Schieber, PA-C, with the practice since 2013.

Photodynamic Therapy (PDT) is one of dermatology's most effective treatments for actinic keratoses, or precancerous lesions that are rough, scaly and can develop into skin cancer if left untreated. PDT is a medical treatment that uses a light-sensitive drug applied to the skin. Once the medication accumulates in the skin, the area is exposed to a specific wavelength of light, activating the drug and triggering a chemical reaction that destroys the targeted precancerous cells. This approach selectively targets abnormal tissues while minimizing damage to surrounding healthy skin. Many of our patients at Advanced Dermatology appreciate PDT because it treats not only visible precancerous lesions but also the surrounding sun-damaged skin, helping address damage that may not yet be visible to the naked eye. It's a powerful tool in the fight against skin cancer and an important treatment option for patients with extensive sun damage.

Traditional PDT can be uncomfortable and downtime averages 5 to 7 days. At Advanced Dermatology, we are always looking for ways to improve our patient experience while maintaining excellent clinical outcomes. By shortening the application time of the medication and lengthening the time of light exposure, many patients report less discomfort during treatment,

a more tolerable recovery period, and a shorter overall time commitment compared to traditional PDT. This new PDT protocol provides the benefits of traditional photodynamic therapy with a treatment experience that many patients find significantly more comfortable.

Of course, even the best treatment cannot replace daily sun protection. Patients with significant sun damage or a history of skin cancer should continue practicing sun-safe habits, including daily use of a broad-spectrum sunscreen, protective clothing, and regular skin examinations. In fact, daily use of ISDIN sunscreen helps protect against UV damage and has been shown to reduce the recurrence of actinic keratoses, supporting healthier skin over time.

If your Advanced Dermatology provider recommended PDT but you have postponed treatment



Before (top) and After (bottom) CO₂RE Fractional CO₂ Resurfacing Laser Treatment. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

due to concerns about discomfort or time, now is an ideal time to revisit the conversation. Our updated protocol is helping patients experience one of dermatology's most effective field treatments with greater comfort and convenience than ever before.



Is Perimenopause Changing Your Skin? Here's What You Can Do About It

by Emily Oehler, PA-C, with the practice since 2007.

Many women have heard of hot flashes, mood changes, and sleep disturbances that can accompany perimenopause, but they're often surprised by what happens to their skin.

If you've noticed that your skin suddenly feels drier, more sensitive, less firm, or even more acne-prone than it did just a few years ago, you're not imagining it. The hormonal fluctuations that occur during perimenopause can have a significant impact on your skin, and for many women, these changes seem to happen almost overnight.

One of the most common complaints is dryness and itching of the skin. As estrogen levels decline, your skin produces less hyaluronic acid and fewer natural oils, making it harder to retain moisture. The result can be tight, flaky, irritated skin that never seems fully hydrated. Fortunately, a few simple changes can make a big difference. Switching to a gentle, fragrance-free cleanser like **SkinMedica® Ha5® Hydra Collagen Hydrating Foaming Cleanser with Vegan Collagen (5 oz, \$48)** and layering hydrating ingredients like hyaluronic acid, glycerin, and ceramides can help restore moisture and strengthen the skin barrier. For very dry skin, a richer moisturizer like **epionce® Intensive Nourishing Cream (1.7 oz, \$132)** at night can help lock hydration in.

At the same time, many women begin noticing more fine lines, wrinkles, and skin laxity. This isn't just a coincidence. Studies show that women can lose up to 30% of their skin's collagen during the first five years after menopause. As collagen declines, the skin becomes thinner, less elastic, and more prone to sagging around the jawline, neck, and cheeks. At home, topical retinoids remain one of the most effective tools for stimulating collagen production, while vitamin C serums help combat free-radical damage and brighten the complexion. For those looking for more dramatic improvement, in-office treatments such as Sofwave®, microneedling, laser resurfacing, and collagen-stimulating procedures can help rebuild support within the skin and improve firmness without surgery.

Ironically, while some areas become drier, many women also experience a return of acne. As estrogen levels fall, the balance between estrogen and androgens shifts, often leading to hormonal breakouts along the jawline and chin. Medical-grade skincare, prescription treatments, and hormonal acne therapies can often help control these frustrating flare-ups while still addressing the dryness that frequently accompanies mature skin.

Another common complaint is increased sensitivity. Products that were once well tolerated may suddenly sting or cause redness, and conditions like rosacea or eczema may become more noticeable. This occurs because hormonal changes affect the skin barrier and alter the skin's natural pH. Simplifying your skincare routine, avoiding harsh exfoliants, and focusing on barrier-repair ingredients can often help calm irritation and restore comfort.

Many women also notice dark spots seemingly appearing out of nowhere. In reality, these spots are often the result of years of accumulated sun damage

Holiday Appointments Are Filling Fast!

Between holiday events, year-end deductible resets, and college students returning home for break, this is one of our busiest times of the year.

If you're planning your next visit, we encourage you to schedule now to secure your preferred date, time, and provider.

Call/Text 847-459-6400
or

SCHEDULE ONLINE
by using the QR code
quick links for the
location nearest you.



Lincolshire



Glencoe

becoming more visible during perimenopause. Daily use of a broad-spectrum sunscreen with SPF 30 or higher remains one of the most important anti-aging steps you can take. For optimal protection, we often recommend mineral sunscreens containing at least 5% zinc oxide like **Colorescience® Total Protection No-Show Mineral Sunscreen SPF 50 (1.7 oz, \$48)**. Ingredients like vitamin C, retinoids, and professional treatments such as chemical peels and laser resurfacing can also help fade existing discoloration and restore a more even skin tone.

For some women, hormonal approaches may also be worth discussing. Prescription topical estrogen formulations, such as estriol creams, have shown promise in improving hydration, elasticity, and collagen production within the skin while minimizing systemic hormonal exposure.

The good news is that while perimenopause can bring significant changes to your skin, you don't have to simply accept them. Today's combination of medical-grade skincare, advanced collagen-stimulating treatments, laser technologies, and injectable fillers offers more options than ever before to help women maintain healthy, radiant skin throughout every stage of life.

If you've noticed changes in your skin and aren't sure where to start, a consultation with a board-certified dermatologist can help identify what's driving those changes and create a personalized plan to help you look and feel your best.



Eyelid Eczema: Why It Happens and How to Calm It Down

by Steven Prus, PA-C, with the practice since 2010.

Few skin conditions are as frustrating as eyelid eczema. The skin around the eyes is the thinnest on the body, making it especially vulnerable to irritation, dryness, and inflammation. When eczema develops in this delicate area, even simple activities like applying makeup, washing your face, or spending time outdoors can become uncomfortable.

Eyelid eczema often appears as red, dry, flaky, itchy, or swollen skin around the eyes. Some patients experience burning, stinging, or excessive tearing. While people with a history of eczema are more likely to develop eyelid involvement, many cases are actually triggered by irritants or allergens that come into contact with the skin.

Common culprits include eye makeup, makeup

removers, facial cleansers, anti-aging products, nail polish, fragrances, hair products, sunscreen ingredients, and even airborne allergens. Surprisingly, something applied to your hands can trigger eyelid eczema if you frequently touch or rub your eyes throughout the day.

The first step in treatment is identifying and eliminating potential triggers. If your symptoms developed after introducing a new skincare product, cosmetic, or medication, stop using it and see if your skin improves. Because the eyelid skin is so sensitive, even products marketed as "natural" can sometimes cause irritation.

When eyelid eczema flares, keeping your routine simple is often best. Switch to a gentle, fragrance-free cleanser like **Avene XeraCalm A.D Lipid-Replenishing Cleansing Oil (13.5 oz, \$34)** and apply a bland moisturizer like **Avene XeraCalm A.D Lipid-Replenishing Cream (13.5 oz, \$36)** frequently throughout the day. Products containing ceramides like **Epionce Renewal Calming Cream (8 oz, \$60)** can help repair the skin barrier and reduce moisture loss. Avoid scrubs, exfoliants, retinoids, acids, and other potentially irritating ingredients until the skin has healed.

Cold compresses can provide temporary relief from itching and inflammation. It's also important to resist rubbing or scratching, which can further damage the skin barrier and prolong healing.

Because the skin around the eyes is so thin, treatment requires special consideration. While topical corticosteroids can be effective for short-term management, prolonged use around the eyes may increase the risk of side effects such as skin thinning, glaucoma, or cataracts. For this reason, dermatologists often recommend steroid-sparing prescription medications such as tacrolimus or pimecrolimus for recurrent or chronic eyelid eczema. These medications help calm inflammation without many of the long-term risks associated with topical steroids.

For patients who experience frequent flares, patch testing may be recommended. This specialized allergy testing can identify specific ingredients or substances responsible for triggering the eczema, helping prevent future outbreaks.

One often-overlooked factor is the role of the skin barrier. The healthier your skin barrier, the less reactive your skin tends to be. Consistent use of gentle cleansers, fragrance-free moisturizers, and daily sun protection can help strengthen the barrier and reduce future irritation.

The good news is that most cases of eyelid eczema can be successfully managed once the underlying trigger is identified and the skin barrier is restored. If your symptoms persist, recur frequently, affect your vision, or fail to improve with gentle skincare, it's time to see a board-certified dermatologist.



Less Downtime, Less Discomfort, Great Results: Why Patients Are Loving UltraClear®

by Ann Cameron Schieber, PA-C, with the practice since 2013.

As summer comes to an end, it is the ideal time to refresh your skin and address the effects of months in the sun. Brown spots, uneven skin tone, rough texture, fine lines, and other signs of sun damage often become more noticeable after a season spent outdoors.

UltraClear®, our newest laser at Advanced Dermatology, is a cold fiber laser using advanced fractional technology to resurface the skin, improve tone and texture, and stimulate collagen production with minimal downtime. When we introduced UltraClear® to Advanced Dermatology, we were excited to offer this innovative technology to our patients. As our experience with UltraClear® grows, one thing remains remarkably consistent: patients are surprised by how well they tolerate the treatment.

One of the most common concerns we hear from patients considering laser resurfacing is, "how much is it going to hurt?" For years, laser treatments have had a reputation for delivering impressive results, but often at the cost of significant discomfort and downtime. UltraClear® was designed with patient comfort in mind. Using advanced cold fiber laser technology, UltraClear® minimizes unnecessary thermal damage to surrounding tissue. This allows the treatment to stimulate collagen production and skin renewal while reducing discomfort commonly associated with more aggressive resurfacing procedures.

Comfort alone would not be enough if the results did not deliver—but UltraClear® continues to exceed our expectations. Patients notice brighter, smoother, healthier-looking skin as collagen production increases and damaged skin is gradually replaced with healthier tissue.

Versatility is another advantage of UltraClear®. Treatments can be customized to match each patient's goals, whether they are looking for a lighter refresh with minimal downtime or a more aggressive resurfacing



Before (left) and After (right) UltraClear® Treatment. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

treatment to address deeper signs of aging and sun damage. This flexibility allows us to personalize treatment plans for each of our patients.

As with any laser procedure, UltraClear® gives the best outcomes when combined with a comprehensive skincare plan. Medical-grade skincare, daily zinc oxide sunscreen use, and treatments such as DiamondGlow®, dermaplaning, and chemical peels can help prepare the skin and enhance long-term results. (see article below)

Fall is often considered "Laser Season" for a reason. Cooler temperatures, less intense UV exposure, and fewer outdoor activities make it easier for patients to protect their skin during the healing process. If you are considering a treatment to reverse summer sun damage, improve skin texture, or stimulate collagen production, now is an ideal time to explore your options.



How to Prepare Your Skin for Laser Treatments: Why Skincare, DiamondGlow®, Dermaplaning, and Chemical Peels Matter

by Sally Holland, LE, with the practice and boutique since 2023.

When patients invest in laser treatments, they naturally want the best results possible. What many don't realize is that the success of a laser treatment doesn't begin when the laser turns on, it begins weeks beforehand with proper skin preparation.

Think of it like preparing a garden before planting. The healthier and better prepared the soil, the stronger the results. The same principle applies to your skin. Healthy, hydrated, well-conditioned skin often responds more effectively to laser treatments, heals more efficiently, and can achieve better overall outcomes.

One of the most overlooked aspects of laser preparation is your at-home skincare routine. Medical-grade skincare helps optimize the skin's health

before treatment and creates the ideal environment for collagen stimulation and recovery. Prior to laser procedures, dermatologists often recommend ingredients such as antioxidants, growth factors, peptides, and hydrating ingredients to support the skin barrier. Vitamin C serums like **Alastin® C-Radical Defense Antioxidant Serum (1 oz, \$199)** help defend against free radical damage and brighten the complexion, while moisturizers containing hyaluronic acid, glycerin, and ceramides like **epionce® Intensive Nourishing Cream (1.7 oz, \$132)** improve hydration and strengthen the skin's natural protective barrier. Daily use of a broad-spectrum sunscreen with SPF 30 or higher is essential, as excess sun exposure before treatment can increase the risk of complications and interfere with optimal results.



Sally Holland, L.E., performing a dermaplaning procedure to exfoliate the skin and enhance overall skin texture and appearance.

Professional skin-preparation treatments can further enhance your laser outcomes. One of our favorites is DiamondGlow®, an advanced treatment that exfoliates, extracts impurities, and infuses the skin with professional-grade serums customized to your skin's needs. By removing dead skin cells, improving hydration, and promoting healthier skin function, DiamondGlow® helps create an ideal foundation for many laser procedures. Well-hydrated skin often recovers more efficiently and responds better to treatment.

Dermaplaning is another excellent option before laser treatments. During this procedure, a sterile blade gently removes dead skin cells and fine vellus hair, often referred to as "peach fuzz." This creates a smoother skin surface, allowing laser energy to interact more evenly with the skin. It also improves the penetration of skincare products, helping patients get more benefit from their at-home regimen before and after treatment.

Chemical peels can also play an important role in preparing the skin. By accelerating cell turnover and

encouraging the removal of damaged surface cells, chemical peels help improve texture, brighten dull skin, and address pigmentation concerns before laser treatment begins. Depending on your skin type and goals, your provider may recommend a series of peels as part of a comprehensive skin rejuvenation plan.

Preparing the skin becomes especially important when treating concerns such as sun damage, brown spots, uneven texture, fine lines, wrinkles, acne scars, and overall skin rejuvenation. Whether you're considering Fraxel®, Clear + Brilliant®, LaseMD®, CO2RE®, Ultraclear® or other laser treatments, healthy skin provides the strongest foundation for achieving optimal results.

It's important to remember that timing matters. Not every treatment should be performed immediately before a laser procedure. Your provider will determine the safest and most effective schedule based on the type of laser being used, your skin type, and your treatment goals. In some cases, DiamondGlow®, dermaplaning, or chemical peels may be recommended several weeks before treatment, while in other situations they may be incorporated into your maintenance plan after healing is complete.

The best laser results rarely come from a single treatment alone. Instead, they are often achieved through a combination of medical-grade skincare, professional skin-preparation treatments such as DiamondGlow®, dermaplaning, or chemical peels, advanced laser technology, and ongoing maintenance. By investing in your skin before treatment, you're helping create the ideal foundation for healthier skin, smoother healing, and better overall results.

If you're considering laser treatment and want to maximize your results, speak with your provider and cosmetic coordinator about whether a customized skin-preparation plan may be right for you.



Before (left) and After (right) Sculptra® Treatment. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.



Life After Mohs Surgery: How Cosmetic Treatments Can Help Restore Confidence

by Tushar Dabade, MD, FAAD, with the practice since 2022.

My parents recently celebrated their 50th wedding anniversary. While their love and compatibility are admirable, their skincare approaches could not be more different! My dad lives by the K.I.S.S. principle — “Keep It Simple.” My mom would happily follow a ten-step regimen for the smallest blemish.

Part of treating patients like family means recognizing that everyone has different preferences. Some want the simplest path forward; others want to understand every option for optimizing results. Fortunately, as a dermatologic surgeon at Advanced Dermatology, I can offer both.

Mohs surgery offers the highest cure rates for skin cancer removal and allows for reconstructive options that help optimize both function and cosmetic outcome. These options are often described as a “reconstructive ladder,” starting with the simplest approach and moving to more complex repairs when needed.

The first option is allowing the wound to heal naturally, which we call second intention. Certain areas, including portions of the ears, can produce excellent results without stitches.

Next is a linear closure, where the wound is closed in a straight or gently curved line. When placed along natural facial lines, these repairs can heal exceptionally well and are the most common reconstruction after Mohs surgery.

Skin grafts take skin from one area of the body and place it onto another, which can be useful in areas such as the ear. Flaps move nearby skin into a surgical defect while maintaining its blood supply and are helpful for larger or cosmetically sensitive repairs.



Before (left) and After (right) 3 Fraxel® Dual Laser Treatments. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

Beyond reconstruction, lasers and other cosmetic treatments may further refine healing and appearance while addressing additional skin concerns.

Vascular lasers can reduce post-surgical redness and help scars fade more quickly. Resurfacing lasers such as CO₂RE, Fraxel®, and UltraClear® can further optimize results by improving skin texture, softening scar contours, and addressing sun damage.

BOTOX® can also support healing. For forehead repairs, relaxing the underlying muscles reduces tension across the incision, which can improve scar appearance.

At its core, skin cancer treatment is about protecting your health and eliminating the tumor. But reconstruction deserves finesse. Whether you favor my dad’s simplicity or my mom’s thorough approach, our goal is the same: to tailor treatment to you and achieve the best possible outcome.

And, like my parents’ marriage, we hope our relationship with patients is built to last.



Back-to-School Confidence Starts with Clearer Skin

by Sally Holland, LE, with the practice and boutique since 2023.

As parents prepare their teens for a new school year, they often focus on school supplies, sports schedules, and new clothes. But for many teenagers, one of the biggest sources of stress isn’t what’s in their backpack, it’s what’s happening on their skin.

Acne affects up to 85% of teenagers and can have a significant impact on self-esteem, confidence, and social interactions. School photos, sports, dances, presentations, and everyday social situations can feel overwhelming when breakouts become a daily frustration.

As a parent, it’s natural to want a solution, and fast. Many families assume prescription medications are the only answer. While medications absolutely play an important role in treating acne and are often necessary for moderate to severe cases, they’re not always the first step for every teen. In fact, many teens struggle not because they need stronger medication, but because they lack a consistent, customized treatment plan. That’s one of the reasons we created Bootcamp for Breakouts at Advanced Dermatology. Bootcamp for Breakouts is a results-driven program designed to complement your medical provider’s recommendations while helping teens establish healthy skincare habits

that can last a lifetime. The program combines professional acne treatments, personalized guidance, progress tracking, and a customized at-home skincare regimen designed specifically for each patient's skin type and acne concerns.

One of the biggest challenges with teen acne is consistency. Many teens bounce between social media skincare trends, over-the-counter products, and advice from friends, often using too many products or the wrong products altogether. The result can be increased irritation, inflammation, and continued breakouts.

Bootcamp for Breakouts provides structure, accountability, and expert guidance. Instead of guessing which products might work, teens follow a customized plan developed by skincare professionals who understand acne and how to treat it effectively. The program also includes ongoing monitoring, allowing us to make adjustments as the skin improves and celebrate progress along the way.

Another important benefit is early intervention. Acne doesn't just affect confidence, it can also leave behind permanent scars. By addressing acne sooner rather than later, many patients can reduce their risk of long-term textural changes and discoloration.

For some teens, professional skincare and in-office treatments may be enough to achieve significant improvement. For others, medication may still be an important part of the treatment plan. The good news is that Bootcamp for Breakouts can work alongside dermatologist-directed medical treatment, helping optimize results while providing additional support and education.

The start of a new school year is the perfect time to build healthy habits and set goals for success. Clearer skin is often possible with the right combination of professional guidance, consistent skincare, and individualized treatment.



Ozempic® Face Is Now in the Medical Literature: What the Latest Research Means for Patients

by Amy Forman Taub, MD, FAAD,
founded practice in 2003.

Over the past several years, one of the most common concerns I've heard from patients after significant weight loss is, "I feel healthier, but my face looks older."

The term "Ozempic Face" may have originated on social media, but the facial changes associated with rapid weight loss are very real and are now receiving increased attention in the medical literature. Recent publications examining facial changes following significant weight reduction have highlighted many of the same findings aesthetic physicians have been observing in practice for years: facial volume loss, hollowing of the temples and cheeks, skin laxity, increased prominence of folds and wrinkles, and loss of definition along the jawline and neck.

It is important to understand that these changes are not caused by Ozempic® itself. Rather, they are a consequence of weight loss, regardless of whether that weight loss occurs through GLP-1 medications such as Ozempic®, Wegovy®, and Zepbound®, bariatric surgery, or lifestyle modification. When body fat decreases, facial fat decreases as well. In some patients, the skin and supporting tissues adapt well. In others, the loss of underlying volume reveals skin laxity and other age-related changes that were previously less noticeable. In some patients, weight loss may also unmask age-related changes in the facial skeleton and supporting tissues that were previously concealed by facial fullness.

No two individuals experience weight-loss-associated facial aging in exactly the same way. Some patients experience primarily facial deflation, while others develop significant skin laxity. Many develop a combination of volume loss, laxity, and changes in skin quality. Understanding which of these factors is contributing most to a patient's appearance is the key to developing an effective treatment plan.

For patients experiencing facial volume loss, restoring structural support is often one of the most important components of treatment. While hyaluronic acid fillers remain excellent tools, much of the recent discussion surrounding facial rejuvenation after GLP-1-associated weight loss has focused on regenerative



Before (left) and After (right) Sofwave® Treatment. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.



Before (left) and After (right) Sofwave®, UltraClear® & Emface Eyes. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

biostimulatory fillers such as Radiesse® and Sculptra®. These products not only restore volume but also stimulate the body's own collagen production over time, making them particularly attractive options for patients experiencing diffuse facial volume loss following significant weight reduction. Because treatment planning, product selection, and injection technique are critical, these treatments should be performed by experienced injectors with extensive knowledge of facial anatomy.

For patients whose primary concern is skin laxity, collagen-stimulating procedures can play an important role. Sofwave® stimulates new collagen production and can improve skin firmness and definition without surgery or significant downtime. This can be especially helpful for patients noticing early jowling, loose skin along the jawline, or loss of definition in the lower face following weight loss.

As I discussed during a recent presentation at the American Society for Laser Medicine and Surgery (ASLMS) Annual Meeting, many patients benefit from combination treatment approaches rather than a single procedure. Significant weight loss often creates a three-dimensional problem involving volume loss, skin laxity, and skin quality changes. As a result, treatment plans may combine regenerative fillers with collagen-stimulating technologies such as Sofwave®, or pair skin-tightening procedures with laser resurfacing to address multiple aspects of facial aging simultaneously.

Skin quality is another important consideration. While weight loss itself does not cause sun damage or textural changes, these issues often become more noticeable after facial volume decreases. Laser resurfacing technologies such as UltraClear®, Fraxel®, and CO₂-based treatments can improve skin texture, stimulate collagen remodeling, and enhance overall skin quality.

Medical-grade skincare remains an important foundation. Retinol, antioxidants, growth factors, peptides, and daily sunscreen help support healthy skin function and complement in-office treatments. Maintaining a consistent skincare routine during and after weight loss can help optimize results.

One of the most important lessons from both the emerging literature and what we see every day in practice is that there is no single solution for "Ozempic Face." The most successful outcomes come from individualized treatment plans that address the specific combination of volume loss, laxity, and skin quality changes present in each patient.

The conversation surrounding GLP-1 medications has appropriately focused on their remarkable health benefits. However, it is equally important to recognize that significant weight loss can affect facial appearance. Fortunately, patients do not have to choose between improving their health and maintaining a refreshed, natural appearance.

If you have noticed facial changes after significant weight loss, a consultation with an experienced cosmetic dermatologist can help identify the factors contributing to those changes and determine which treatment options are most appropriate. The goal is not to reverse the benefits of weight loss, but rather to help your appearance reflect the healthier, more vibrant version of yourself that you have worked so hard to achieve.



Perception Drift: When Looking Better Starts Looking Different

by Meghan Pierotti, Cosmetic Manager, with the practice since 2009.

One of the most interesting concepts in aesthetic medicine is something called perception drift. If you've never heard the term before, you're not alone. Yet it's something I see regularly while working with patients on their cosmetic treatment plans.

Perception drift occurs when we become so accustomed to our appearance that we lose perspective on the changes we've made over time. It's human nature. After all, we see ourselves every day. Small improvements that once felt dramatic gradually become familiar, and what initially made us feel refreshed begins to feel normal.

This phenomenon isn't limited to cosmetic treatments. Think about getting a new haircut or redecorating a room in your home. At first, the change

feels significant. A few weeks later, it simply feels like the way things have always been.

The same thing can happen with aesthetic treatments. A patient may start with a small amount of filler, a neurotoxin treatment, a laser procedure, or a skin-tightening treatment. The results are beautiful and natural. Over time, however, those improvements become the patient's new baseline. Instead of appreciating the progress they've made, they may begin focusing on increasingly small imperfections or comparing themselves to filtered images on social media.

Social media has made perception drift even more common. We are constantly exposed to edited photos, beauty filters, and unrealistic standards that can make even excellent cosmetic results seem inadequate. The truth is that many of the images people compare themselves to aren't realistic representations of how healthy skin or natural facial features actually look.

One of the reasons we take photographs throughout a patient's aesthetic journey is because photos provide perspective. Patients are often surprised when we review images from several years ago. They quickly see improvements they had forgotten about and are reminded how far they've come. In many cases, the photos reveal that the treatments are working exactly as intended.

This is also one of the reasons I encourage patients to schedule a cosmetic consultation at least once a year, even if they are happy with their current treatments.

Many people assume cosmetic consultations are only for new patients. In reality, some of the most valuable consultations happen after a patient has already been receiving treatments for several years.

A lot can change in a year. Skin ages. Weight fluctuates. Hormones shift. Lifestyle habits evolve. New technologies become available. Treatments that were ideal several years ago may no longer be the best solution for your current concerns.

An annual cosmetic consultation gives us an opportunity to step back and look at the big picture. Rather than focusing on a single wrinkle or area of concern, we can evaluate your overall facial balance, skin quality, treatment history, and long-term goals. Sometimes that means adjusting your treatment plan. Sometimes it means introducing new technologies such as Sofwave®, UltraClear®, or collagen-stimulating treatments. And sometimes it means realizing you're

already achieving exactly the results you hoped for.

One of the most rewarding parts of my job is helping patients make thoughtful decisions that support natural-looking, long-term results. Cosmetic treatments shouldn't be about chasing perfection. They should be about helping you look refreshed, confident, and like the best version of yourself.



Before (left) and After (right) CoolSculpting® & CoolTone® Therapy. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

At Advanced Dermatology, we encourage patients to think of their annual cosmetic consultation as a wellness check for their appearance. It's an opportunity to review your progress, reassess your goals, and ensure your treatment plan continues to align with the results you want to achieve. Because the best aesthetic outcomes aren't created by doing more treatments, they're created by making the right decisions at the right time. And sometimes, the most valuable thing we can offer is perspective.



Hair Thinning? Meet Keraneedling, A New Approach to Hair Restoration

by Amy Forman Taub, MD, FAAD,
founded practice in 2003.

Hair loss rarely happens all at once. For many men and women, it begins quietly: a wider part, more hair in the shower drain, less volume in a ponytail, or a scalp that suddenly seems more visible in photos. By the time thinning becomes obvious, changes within the hair follicles may already have been occurring for years.

The good news is that advances in hair restoration have created new opportunities to support healthier hair growth before thinning becomes severe. One of the newest options available at Advanced Dermatology is Keraneedling, a regenerative scalp treatment designed to support scalp health and encourage fuller, healthier-looking hair.

So, what exactly is Keraneedling?

Many patients are familiar with microneedling for the face, where tiny, controlled channels are created in the skin to stimulate the body's natural repair processes and improve delivery of topical treatments. Keraneedling applies a similar concept to the scalp, but takes the treatment a step further by combining specialized scalp microneedling with advanced KeraFactor® biomimetic growth factor technology and red light therapy.

During treatment, we use a specialized device called the KeraRoller® to create microchannels within the scalp. These microchannels enhance penetration of the KeraFactor® serum, allowing the treatment to reach the areas where hair follicles need support. The serum used in the office is sterile and contains a higher concentration of active ingredients than the KeraFactor® take-home scalp solution.

growth. They help support the scalp environment and encourage healthier follicular function by providing signals similar to those naturally found in the body. One example is EGRF, a growth factor not found in platelet-rich plasma, which is believed to be an important contributor to hair-shaft growth.

Following the Keraneedling treatment, patients receive red light therapy to further support scalp health and hair growth. Red light therapy has gained significant attention for its ability to stimulate cellular activity, improve circulation, and support healthy hair follicles. Research suggests that specific wavelengths of red and near-infrared light may help prolong the active growth phase of the hair cycle while supporting overall follicular health.

One of the reasons Keraneedling has become so popular is that it addresses multiple aspects of hair health in a single treatment. Rather than relying on one mechanism alone, the procedure combines: mechanical stimulation from scalp microneedling, targeted delivery of concentrated biomimetic growth factors, and light-based support from red light therapy.

Together, these elements create a comprehensive approach to scalp rejuvenation and help support a healthier environment for fuller-looking hair.

Patients often ask who is a good candidate for Keraneedling. The treatment may be beneficial for men and women experiencing early hair thinning, androgenetic or pattern hair loss, age-related hair changes, increased shedding, a widening part, or hair density concerns. It can also complement other hair restoration treatments as part of a customized treatment plan.

Another advantage of Keraneedling is its convenience. Treatment sessions typically take about 20 minutes, making it easy to fit into a busy schedule. Because hair restoration is a gradual process, most patients achieve the best results through a series of treatments. While every patient responds differently, we generally recommend a treatment plan of four to six sessions, customized based on the individual's degree of hair loss, treatment goals, and response to therapy. Throughout the process, our team monitors progress and adjusts recommendations as needed to help patients achieve the best possible outcome.

Like most hair restoration therapies, results do not happen overnight. Hair growth is a gradual process that occurs over months, not weeks. Hair follicles cycle through distinct phases, and meaningful improvement



E! NEWS

DR. AMY TAUB WAS QUOTED IN

Best Peptides for Hair Growth
ACCORDING TO A DERMATOLOGIST

E! News turned to board-certified dermatologist **Dr. Amy Taub** for expert insight on the growing popularity of peptides for hair growth and scalp health.

“Peptides are tiny chains of amino acids, which are the building blocks of proteins like keratin, the main protein your hair is made of.”

- DR. AMY TAUB - E! News

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SCIENCE-BACKED INSIGHT DERMATOLOGIST EXPERTISE FOCUSED ON HEALTHIER, FULLER-LOOKING HAIR

KeraFactor® serum contains seven different biomimetic peptides designed to address all four stages of the hair-growth cycle. Hair follicles rely on a complex network of biological signals to move through normal growth, transition, resting, and shedding phases. Over time, genetics, aging, hormones, stress, inflammation, illness, weight loss, nutritional factors, and other influences can disrupt these signals, contributing to thinning, shedding, and reduced hair density.

Biomimetic growth factors are laboratory-developed proteins designed to mimic many of the naturally occurring signaling molecules involved in healthy hair

requires consistency and patience. That is why we often recommend combining in-office treatments with a comprehensive at-home regimen to help support long-term results.

To further enhance your hair restoration program, we may recommend physician-dispensed products such as **KeraFactor® Scalp Stimulating Solution (1.69oz, \$169)**, **KeraFactor® Scalp Stimulation Shampoo & Conditioner (3.38oz, \$49)**, and the **KeraFactor® KeraFlex Duo red light therapy device (\$2,000)**, all available at skinfo.com and skinfo.com. These products are designed to complement in-office treatments by supporting scalp health between visits and helping create an optimal environment for healthier, fuller-looking hair.

At Advanced Dermatology, we are excited to offer innovative solutions that address hair loss from multiple angles. Keraneedling combines advanced scalp microneedling, concentrated sterile KeraFactor® serum, biomimetic growth factor technology, and red light therapy into a unique treatment designed to support healthier, fuller-looking hair.



Why Muscle Matters More Than Ever: The Longevity Benefits of Muscle Stimulation

by Brianna Andrade, BSN, RN, with the practice since 2018.

For years, conversations about healthy aging focused primarily on weight. Today, however, researchers are increasingly recognizing that muscle may be one of the most important predictors of long-term health, function, and independence.

In fact, many longevity experts now consider muscle mass and muscle strength to be among the strongest indicators of healthy aging. While wrinkles and gray hair may be the visible signs of getting older, loss of muscle is often one of the most significant changes happening beneath the surface.

Beginning as early as our 30s, adults naturally start losing muscle mass in a process known as sarcopenia. Without intervention, this gradual decline can accelerate with age, contributing to reduced strength, slower metabolism, impaired balance, decreased mobility, and a greater risk of falls and injury. Muscle loss has even been linked to increased risks of chronic disease, hospitalization, and loss of independence later in life.

The good news is that muscle is highly adaptable. When challenged appropriately, muscle can continue to strengthen and respond throughout life.

Most people understand the importance of



Before (left) and After (right) CoolTone® Therapy.
Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

exercise, but many don't realize that advanced muscle stimulation technologies can help support muscle health as part of a comprehensive wellness strategy.

At Advanced Dermatology, we offer several muscle-stimulation technologies, including Emsculpt NEO®, CoolTone®, and Emsella®, each designed to target different muscle groups and goals.

Emsculpt NEO® combines high-intensity electromagnetic stimulation with radiofrequency energy to build muscle while also reducing unwanted fat. The treatment generates powerful muscle contractions that would be difficult to achieve through voluntary exercise alone. Patients often pursue Emsculpt NEO® for body contouring, but many are equally interested in the functional benefits associated with stronger abdominal, gluteal, arm, or leg muscles.

CoolTone® similarly utilizes magnetic muscle stimulation to strengthen, tone, and firm muscles. Stronger core muscles can help support posture and stability, while stronger gluteal muscles contribute to balance, mobility, and overall physical performance. Many patients incorporate muscle stimulation into their wellness routine much like they would strength training at the gym.

Perhaps one of the most overlooked muscle groups in the body is the pelvic floor. These muscles play a critical role in bladder control, core stability, and overall quality of life. Unfortunately, pregnancy, childbirth, aging, menopause, and other factors can weaken the pelvic floor over time. Emsella® uses high-intensity electromagnetic energy to stimulate thousands of supramaximal pelvic floor contractions during a single treatment session, helping strengthen muscles that are otherwise difficult to target through traditional exercise alone.

The benefits of maintaining muscle extend far beyond appearance. Strong muscles help support healthy metabolism, improve balance and mobility,

protect bone health, enhance physical function, and contribute to overall resilience as we age. For many individuals, maintaining muscle strength is less about looking younger and more about remaining active, independent, and capable for years to come.

Of course, muscle stimulation treatments are not a replacement for exercise, proper nutrition, or a healthy lifestyle. Rather, they are tools that can complement an overall wellness program and help patients achieve goals that may otherwise be difficult to reach.

As medicine increasingly shifts toward prevention and healthy aging, the conversation is expanding beyond weight loss alone. More providers are asking not simply, "How much do you weigh?" but rather, "How strong are you?"

Because longevity isn't just about adding years to your life. It's about maintaining the strength, mobility, and function to enjoy those years fully.



The Next Generation of Skincare: What Is Longevity Skincare?

by Amy Forman Taub, MD, FAAD,
founded practice in 2003.

For years, skincare innovation focused mainly on correcting visible signs of aging such as wrinkles, discoloration, dryness, dullness, and loss of firmness. Those concerns still matter, but the conversation in advanced skincare is beginning to shift. The next generation of skincare is not only about treating what we see on the surface. It is about supporting the way skin functions over time.

This newer category is often called longevity skincare.

The idea behind longevity skincare is simple but powerful: rather than waiting for signs of aging to appear and then trying to correct them, longevity-focused skincare aims to support the skin's ability to function more like younger, healthier skin for longer.

In other words, the goal is not just to make skin look better temporarily. The goal is to help skin perform better at a cellular level.

At skinfo® and Advanced Dermatology, this concept is not completely new to us. We have been using regenerative and signal-based skincare for many years, including products such as **DefenAge® 8-in-1 BioSerum (1.5 oz, \$198)**, **DefenAge® 8-in-1 BioSerum Pro (1.5 oz, \$228)**, **SkinMedica® TNS® Advanced+ Serum (1 oz, \$295)**, and other growth factor and peptide-based formulations designed to support repair, renewal, and healthier skin behavior. These products helped introduce the idea that skincare can do more than moisturize, exfoliate, or camouflage. It can help communicate with the skin. **Longevity skincare builds on that same foundation, but with an even broader focus on the biology of aging.**

This shift is being driven by advances in longevity science, one of the fastest-growing areas of medical research. Scientists are increasingly studying how cellular aging affects energy production, inflammation, collagen synthesis, repair mechanisms, oxidative stress, and tissue resilience. As we age, these processes naturally become less efficient, contributing to many of the visible changes we associate with aging skin.

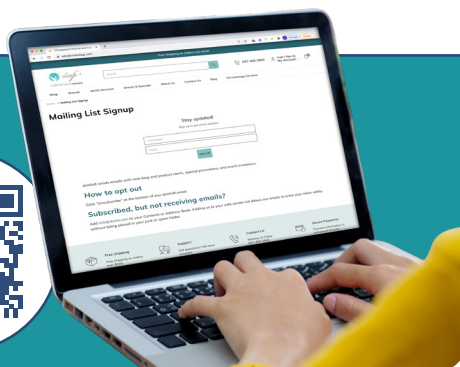
One of the newest products to embrace this science is **Re-Q® Health's Pro-Longevity Face Serum (1 oz, \$249)**, now available at skinfo® and skinfo.com.

What makes this serum different from many traditional anti-aging products is its focus on supporting the biological processes associated with healthy skin aging. Rather than simply moisturizing the skin or temporarily softening the appearance of fine lines, longevity-focused formulations are designed to help support skin resilience, cellular function, and

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overall skin health over time.

As research into longevity medicine continues to evolve, many experts believe the future of skincare will involve helping cells function more optimally for longer periods of time. This approach aligns with a broader trend in healthcare that focuses on prevention, wellness, and healthy aging rather than simply reacting to problems after they occur.

Of course, no skincare product can stop the aging process entirely. Healthy skin still requires a comprehensive approach that includes daily sun protection, quality skincare ingredients, healthy lifestyle habits, and professional treatments when appropriate. But innovations in longevity science are providing new tools that may help support healthier, more resilient skin as we age.

At skinfo®, we are always evaluating emerging technologies and innovations to identify products backed by compelling science and real-world potential. That is why we are excited to introduce Re-Q® Health's Pro-Longevity Face Serum to our curated collection of physician-recommended skincare products.

Whether you are already focused on healthy aging or simply curious about the next frontier of skincare, longevity-focused products represent an important evolution in aesthetic medicine. They build on what we have learned from regenerative skincare, growth factors, peptides, and cellular signaling, and move us closer to a future where skincare is designed not only to correct aging, but to support healthier skin function over time.



The Hidden UV Risk of Flying

by Maggie McClure LE, with the practice and boutique since 2025.

When most people think about sunscreen, they picture beach days, golf outings, or afternoons by the pool. But one place UV protection is often overlooked is 35,000 feet in the air. Whether you fly often or only occasionally, your skin may be exposed to more ultraviolet (UV) radiation during a flight than you realize.

Aircraft windows block most UVB rays, which cause sunburns, but they can still allow significant UVA radiation to pass through. UVA rays penetrate deeper into the skin and are linked to premature aging, discoloration, collagen breakdown, and many forms of skin cancer.

At cruising altitude, there is less atmosphere to filter UV radiation. Research published in JAMA Dermatology found that pilots and cabin crew have approximately double the incidence of melanoma compared with the general population.

One study also found that a pilot flying for 56 minutes at 30,000 feet could receive a carcinogenic UVA dose comparable to 20 minutes in a tanning bed. Passengers are not immune, especially those in window seats on long daytime flights.

Sun exposure is cumulative. Every flight, road trip, window seat, and sunny commute adds to your lifetime UV exposure. Before boarding, apply a broad-spectrum SPF 30 or higher to exposed skin, including your face, lips, neck, chest, ears, and hands. For optimal protection, we often recommend mineral sunscreens with at least 5% zinc oxide for strong UVA and UVB coverage. On long daytime flights, consider reapplying before landing.

My personal favorites are from **Colorescience®**: **Unforgettable® Total Protection® Face Shield Flex SPF 50** (1.8 fl oz, \$58), **Total Protection® No Show™ Mineral Body Shield SPF 50** (4 fl oz, \$49), and **Peptide Lip Shine SPF 30** (.13 fl oz, \$42). skinfo® can help you find a sunscreen you will reach for every day.

Window seats offer incredible views, but they also place you closest to incoming UV rays. UV-protective sunglasses can help protect your eyes and the delicate skin around them, and lowering the shade can further reduce exposure. Next time you pack for a trip, remember that sunscreen belongs in your carry-on, not just your beach bag.



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