



Accentuating *Beauty* with Laser Precision



914-393-4127
drjoshfink.com

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Aesthetic Updates

Banish The Blush!

When combined with Intense Pulsed Light, we are using a new topical gel called "Mirvaso", which helps combat facial redness. There can be drawbacks to using Mirvaso, namely redness, itching, flushing and a burning sensation. Mirvaso use has also been associated with increased pressure in the eyes, and should be avoided in patients with a history of Raynaud's, depression, decreased blood flow in the coronary or cerebral system, and certain autoimmune diseases. Mirvaso is called an "alpha 2 adrenergic agonist" and is not for everyone. In my opinion, lasers and other topicals seem a lot less risky.

Lasers for Scar Reduction

"Fractionated lasers are revolutionizing the way we can approach traumatic and surgical scars" – Dr. Shumaker from the Naval Medical Center in San Diego. Looking at fractionated ablative lasers, the team goes on to report that "the unique combination of safety and efficacy of the procedure has brought new hope to millions of patients with debilitating scars." As a result of the Harvard Medical School Laser Update Course that Heather, Jodi and I attended, we have introduced this treatment into our office, and have had excellent results even on scars that were 40 years old!

Voluma XC – Newest Dermal Filler

Voluma XC has been approved by the FDA. This is the newest dermal filler on the US market, though it has been used in Canada for several years. Voluma XC is being primarily targeted for those who need volume replacement in their face. Loss of facial volume contributes to sagging cheeks and other visual aspects of facial aging. Presently, alternatives to Voluma XC are Radiesse and Sculptra. Unlike Radiesse and Sculptra, Voluma can be reversed.

Vampire Facelift

The Vampire Facelift, also known as PRP treatment, has gotten a bit of press lately thanks to Kim Kardashian. The Vampire Facelift is being promoted as a means of facial rejuvenation and anti-aging. There are very few, if



any, controlled clinical trials on the efficacy or safety of The Vampire Facelift. This procedure is being dubbed the "garden variety facial rejuvenation" as it relies on "growth factors" released by platelets rather than using any manufactured fillers or products. The procedure can be quite expensive, up to \$1,800 per procedure and 3-4 sessions may be needed.

It's All About Me!

We would love to hear your feedback! What do you like and/or dislike? Are there topics you want to read about?

Get in touch via email dfink@drjoshfink.com,

phone/text **914.393.4127**, or by mail

Dr. Josh Fink, 41 South Bedford Road,

Mt. Kisco NY 10549.

UPDATES IN *Medicine*



Gene Testing

The US Preventive Task Force has finally endorsed BRCA gene testing for women who have a family history of breast or ovarian cancer. The BRCA 1 and BRCA 2 genes produce a tumor suppressing protein which helps repair damaged DNA. When BRCA 1 and BRCA 2 genes are mutated, the damaged DNA may not be repaired as effectively. Together, these 2 genes account for about 25% of inherited breast cancer and about 10% of all breast cancers. The risk is not gender specific as men with a BRCA 1 or BRCA 2 gene mutation have a higher risk of prostate cancer. Both sexes with either of these genes have a higher risk of pancreatic cancer. The risk of carrying one of these gene mutations is higher in Ashkenazi Jews, Norwegians, Dutch and those who have Icelandic descent.

Supplement Danger!

A NY Times article on Dec 21st, 2013 highlighted the dangers occurring as a result of using supplements. Supplements account for 20% of all drug-related injuries that show up in hospitals. Some of these cases have required liver transplants and some patients have died. The FDA estimates that 70% of the manufacturers of supplements may not be following basic quality control standards.

In our office, we saw a complication from "OxyElite Pro". This supplement has been linked to numerous cases of liver

damage and at least one death.

On a personal note, when I walked into a GNC store, looking for a protein bar, the sales associate tried to push OxyElite Pro on me as if his job depended on it.

I ask everyone to please read the USA today article "Unmasking The People Behind Risky Pills" written by Alison Young. It is an excellent article about the supplement industry.

Concierge Medicine

Concierge Medicine, also referred to as a direct primary care model, has recently received an endorsement from the American Academy of family Physicians. The Concierge Medicine model establishes a private relationship between a patient and their physician. Concierge physicians tend to accept a small number of private patients and are therefore more capable of focusing their attention on a few cases, rather than the thousands that may come when a physician signs onto an HMO.

Concierge Medicine is a premium service and due to compensation, more Internists and Family Physicians will be moving towards this model. Interestingly, our practice has been offering this tailored service for the past 13 years. How's that for being ahead of the times?

Muscle Fuel

HOW MUCH PROTEIN DO YOU NEED?

Supplements and protein powders are not necessary; instead, consume the right foods to feed and fuel your muscles! Grains, milk, meat and vegetables are four great sources of natural proteins. Six ounces of grains provide about 18 grams of protein; one cup of milk provides about 8 grams; one ounce of meat delivers about 7 grams; and two cups of vegetables provide about 10 grams of protein. About eight ounces of meat alone supplies more than the RDA (Recommended Dietary Allowances) for an average-sized person.

Recommended protein intake by the RDA for adults is 0.8 grams per kilogram of healthy body weight per day. For infants and children, the RDA is slightly higher. An optimal diet, which will provide the body with adequate energy, consists of 45-65% carbohydrates, 20-35% fat and 0.8 grams of protein per kilogram of healthy body weight each day.

Calculating the recommended protein intake for your body requires taking a few simple steps. Begin by looking up the healthy weight for a person your height. If your present weight falls within that range, use it for the following calculation.

Convert pounds to kilograms (pounds divided by 2.2 equals kilograms). Multiply kilograms by .8 to get your RDA in grams per day.

Written By: Carlota Naranja, Personal Trainer

Eating the right foods and staying physically active are just a few great steps towards attaining muscle growth.

Example:

$$142 \text{ (weight)} \div 2.2 = 64$$

$$64 \times .8 = 51 \text{ grams of protein}$$

TRIED & *True* MODERNE BARN IN ARMONK

Moderne Barn is one of my favorite dining spots as it is casual yet sophisticated, exceptionally creative, and consistently serves up a great meal. The tasteful décor, expert food presentation and exceptional quality make Moderne Barn a must-try for any true Foodie. They feature a vast wine list that introduced me to an excellent New York State Riesling from the Finger Lakes region. Check out Moderne Barn and let me know what you think!



Natural Avocado and Honey Face Mask

Chapped Winter Skin? Try a DIY Moisture Mask

The cold weather can leave your skin feeling tight and dry. Continue drinking plenty of water and add this DIY mask once a week. This soothing, moisturizing mask is easy to prepare, using avocado and honey, and will leave your skin soothed and supple.

ingredients

- ½ very ripe avocado
- 2 tsp honey

That's all you need to make this absolutely lush face mask!

directions

Mash the avocado, add the honey and combine the ingredients well with the back of your spoon. Apply to freshly cleansed skin, leave on for 20 minutes and rinse with warm water. Finish with your favorite moisturizer. **BONUS** – Apply any leftovers to your hair and leave overnight.

Taking on 2014

- 1 Pick Realistic Goals:** This doesn't mean, "don't be ambitious." Ambition is good! It helps to motivate us, and propels us to our goals. However, knowing thyself mediates ambitions that are too far-flung and unattainable. Setting realistic goals, after looking at what is actually possible, allows you to reach for something that is within your grasp.
- 2 Define Your Goals:** This one is easy! Once you have your goals in mind, define them down to every detail so there is no room for fudging. Specifically detailing what you're aiming for gives you the assurance that you're not going to settle for whatever you land on. Make your success real so you can tailor your action plan to a specific outcome.
- 3 Schedule Success:** Let's face it, scheduling is hard for everyone. Resolutions require planning. No matter what you're conquering in the New Year, get organized and you'll be primed and ready to make it happen. Create a schedule, and stick to it, to make the guesswork disappear!
- 4 Failure is Part of the Process:** Remember that setbacks happen! Just because you're having a bad week or month, doesn't mean that you've been given a reason to throw in the towel. If you want results, you have to take action, and accept that every once in a while, you'll slip up.
- 5 Bring in the Cavalry:** Don't go at it alone! True, no one can change anything about your life except you, but without a support system, keeping resolutions can feel close to impossible. Team up with a friend or expert so you're not going solo. Remember - even the mountain climbers who conquered Everest had Sherpas to guide them!

Let's begin with looking at the resolutions we made last year: Did we keep them? How far have we come? If you're like most of us, resolution keeping starts out with a flurry of activity, but come February, the rest of life kicks in and suddenly, resolutions that felt so important in December, become lists on paper tucked away into a drawer. So, how do you make your resolutions of 2014 a reality? Almost 10 years ago, psychologist Dr. John Grohol came up with this great list of five tips for resolution conquest above.



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New Year, Now What?

We've toasted, kissed, and Auld Lang Syned our way in to the New Year, so now what? We've got some fun ideas to kick off your New Year and make 2014 better than the best!

- **Get Grateful:** Enhance the gratitude factor and your year will be filled with good thoughts. Use a mason jar, or a cute box, to house folded Post Its where you (and the fam) can jot down daily bits of thankfulness and good memories. On New Year's Eve 2014, pop it open and take a look at all of the awesome the previous year has given!
- **Write It Up:** Get yourself some fun and fancy stationery and write a little something to friends and family in the old fashioned way! Whether it's just a "Hi there!" or a love letter, wouldn't it be nice to pull something other than a bill or a pizza menu out of the mailbox?

- **For Your Edification:** Start your year off right with a brain booster! Enroll in a class at a local college, attend a museum event, or head on over to a science center - jump-start your mind with some action and make a commitment to yourself to keep learning your whole life through.
- **Love Extravagantly:** As the years go by, it's surprisingly easy to get used to the love of your life and lose that special 'something,' so keep the twinkle in each others' eyes and set a goal this year to do a little something extra each day for your partner.

