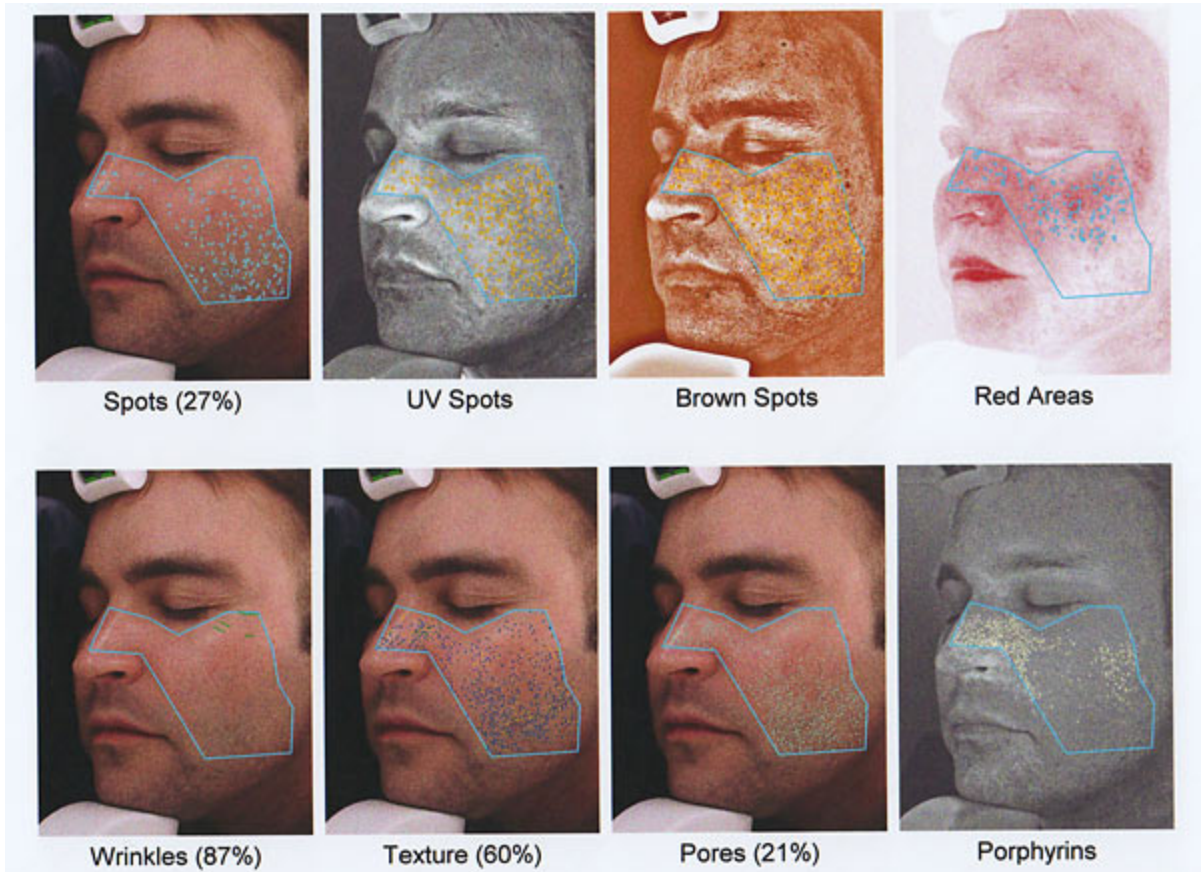


Newslinks for the week of November 12<sup>th</sup>:

**The New York Times**

## Just Put Your Face in the Little Box and Say 'Aah'



**THIS MAY HURT (YOUR WALLET)** A complexion analysis report tallies your crows'-feet, wrinkles, evenness, sunspots and pore size. Then the doctor or other skin-care specialist prescribes antiwrinkle, lightening and spot-reducing creams for problems that consumers may never have noticed in the first place. Other treatments, including laser therapy, may also be prescribed. Percentile scores depict rankings relative to others of the same age group, gender and skin type.

○ By ABBY ELLIN  
Published: November 15, 2007

AT 23, Alison Muckle never worried about crows'-feet or sunspots. So a year ago, when her sister, Zoe Morel, then 27, suggested that they get a free skin analysis at a Sephora outpost, she said sure.

She will never do it again. “It was so depressing,” Ms. Muckle said. One digital image laid bare hundreds of sun spots beneath her skin’s surface to match the dozens already visible. If she didn’t get proactive, she would resemble Grandma Moses in no time.

Both Ms. Muckle and Ms. Morel, who was told that she had facial discoloration and fine lines, were instructed to buy hundreds of dollars worth of under-eye creams and antiwrinkle serums like \$96 Kinerase’s C6 Peptide Intensive Treatment.

The women were flummoxed. “I feel like I have really pretty skin,” Ms. Muckle said. “Then I saw this picture and I was like, ‘I need help!’”

In the last few years, high-tech-looking photo boxes cum skin analyzers have cropped up at beauty counters, medical spas and doctors’ offices nationwide. [Procter & Gamble](#)’s SK-II has machines at select Saks Fifth Avenue stores. The Elemis line at Bergdorf Goodman has one. Olay and Vichy both offer hand-held scanners at 400 CVS pharmacies.

While some dermatologists agree that the devices can help prevent future skin damage, others say skin analyzers are nothing more than a scare tactic designed to open wallets.

The analysis itself is simple: Stick your face or cheek inside the box — usually the left, since it gets the most sun while driving — and passport-size images are snapped. The machine tallies your crows’-feet, [wrinkles](#), evenness, sun spots and pore size. Then the doctor, aesthetician or skin-care specialist prescribes antiwrinkle, lightening and spot-reducing creams for problems consumers may never have noticed. (In medical offices, [laser surgery](#) or a chemical peel might be the suggestion.)

A few months later you repeat the test, which costs more than \$100 in doctors’ offices or medical spas, but is free at many beauty counters. You should have fewer wrinkles and sun spots. Success!

Dr. Amy Forman Taub, the medical director of Advanced Dermatology, a practice in Lincolnshire, Ill., said she found skin analyzers “indispensable.” “People really underestimate how much the sun does damage your skin, and this is one way to quantify it,” said Dr. Taub, who operates an on-site and online boutique chock full of products like Glytone Rejuvenate Facial Lotion 2.

The machines were never meant to detect [skin cancer](#), the makers say, but to give consumers a snapshot of wrinkles and sun damage to prevent further injury. Never mind

that a salesman at Bergdorf Goodman told me that the machine I was about to stick my head in was created to find skin cancer.

“We certainly don’t recommend that it be used for that,” said Jim Larkey, the director of product management at Canfield Imaging Systems, in Fairleigh, N.J., which designed the four-year-old Visia machine, of which there are thousands nationwide.

The two other big brands include the Profect Facial Studio, released in 2004, which is in about 600 doctors offices and medical spas. The year-old BTBP Clarity Pro is in roughly 100 offices nationwide.

Dr. Dennis Gross, founder of [MD Skincare](#), a line of beauty products, and a dermatologist in New York City, thinks skin analyzers are pointless. “The only imaging I think is worthwhile is straightforward medical detection of moles to detect skin cancer early,” Dr. Gross said. “If your pores are large to you, then you treat them. If they’re not large to you, what’s the purpose of that technology to make you fearful and buy a product?”

What’s more, people often feel awful if they fail their epidermal SAT, said Dr. Amy Wechsler, a Manhattan dermatologist this reporter saw once earlier this year. Visia, for one, compares your results with those of strangers in your age range and ethnic background. “My job as a doctor is not to make someone feel vulnerable or feel bad,” she said.

I know of what she speaks. I paid \$400 to have my face analyzed at the office of Dr. Gervais Fréchette, in Manhattan. Thanks to Visia, I discovered that 98 percent of women my age and race have smaller pores than I do and 93 percent have fewer wrinkles. It’s enough to make me skip holiday parties altogether. So far there are a mere 4,000 cheeks in the worldwide database for Visia. But, some doctors say, no matter the size of the database, such comparisons don’t make sense.

“I don’t believe in comparing your face to someone else,” said Dr. David Colbert, a cosmetic dermatologist in New York, who said he had treated at least 10 patients in the last three months who were upset after having their skin analyzed by an imaging machine.

He concedes that skin analyzers could help prevent further damage, but Dr. Colbert doesn’t think it’s necessary to use a machine, certainly not one that judges you. “It’s cruel and mean and mean-spirited,” he said.

Skin appearance depends on many factors, including time of year and month. Also, if you were not using moisturizers regularly before the first test, any liquid you put on your face before the follow-up would reduce the depth of wrinkles; so would drinking more water.

Back at Dr. Fréchette's office, an aesthetician, Josh Maniscalco, showed me what my skin would look like if I didn't take precautions now: thousands of brown spots dotting my visage. Mr. Maniscalco recommended at least six treatments of laser therapy at about \$3,000 a pop. The good news, he said, was that the doctor had a layaway plan, so I could put my face on consignment.

Talk about a downer. Not only had I unearthed previously undetected skin issues — big pores! fine lines! — but I couldn't afford the cure.

I did walk out armed with roughly \$250 worth of potions meant to revive a youthful glow. Once I got over my initial [shock](#), I returned them.

But plenty of people keep and use the hope-in-a-jar remedies. This year, Myra Borkan, a diligent twice-a-day moisturizer, had her skin analyzed in Dr. Taub's office. At 58, she got the equivalent of a 2300 on her SAT, and was so pleased that she purchased \$700 worth of lotions. "This confirmed that whatever I had been doing before I should just continue doing," said Ms. Borkan of Buffalo Grove, Ill.

Ms. Muckle, for her part, invested in a \$12 bottle of sunblock. But she doesn't expect ever to stick her head in a skin-analysis machine again. "I just don't want to know," she said.



## **Clues To Wrinkles May Be Found In Facial Bone Structure**

There's a new wrinkle in the battle against looking old: doctors have discovered it's not gravity that's pulling your skin down -- it may be your shifting bone structure.

Published: 15:47 EST, [November 12, 2007](#)

While many thought the Earth's gravitational pull was to blame for sagging facial features, researchers at Duke University Medical Center have discovered changes in the face's underlying bony structure may be the culprit. And, those changes appear to occur more dramatically in women than in [men](#).

"This paradigm shift may have big implications for cosmetic eye and facial surgery," explains Michael Richard, MD, an oculoplastic surgeon at the Duke Eye Center, who presented his research at the annual meeting of the American Society of Ophthalmic Plastic and Reconstructive Surgeons in New Orleans today.

"Our focus has always been on tightening and lifting the soft tissues, skin and muscle in an attempt to cosmetically restore patients' youthful appearance. Based on this information, it might actually be better to restore the underlying bony framework of the face to its youthful proportions."

Since growth plates found in most of the body's bones stop growing after puberty, experts assumed the human skull stopped growing then too. However, the bones that comprise the human skull have no growth plates.

Using CT scans of 100 men and women, the researchers discovered that the bones in the human skull continue to grow as people age. The forehead moves forward while the cheek bones move backward. As the bones move, the overlying muscle and skin moves as well and that subtly changes the shape of the face. "The facial bones also appear to tilt forward as we get older," explains Richard, "which causes them to lose support for the overlying soft tissues. That results in more sagging and drooping."

The problems from these aging changes extend beyond cosmetic concerns. Drooping tissues around the eyelids can lead to [vision problems](#), dry eyes, and excessive tearing.

Richard and colleague Julie Woodward, MD, Duke's head of oculoplastic and reconstructive surgery, also determined that women experience more rapid bone changes than men. That, says Richard, opens new areas of research, including the role of menopause in facial bone growth, and whether drugs commonly used for osteoporosis may affect the aging changes seen in the facial skeleton.

Just as important are the implications their research may hold for the future of cosmetic surgery. "One of the big risks of facial surgery is the potential for hitting the facial nerve," explains Richard, "which could cause paralysis." Doctors are extremely careful

not to touch that nerve and it's rare for those complications to occur. But, he says, "if we can move the focus to the bone surface, away from that nerve, we may create an even safer, less extensive surgical procedure than the ones we perform today."



## Sagging Face: Bones to Blame?

### Study: Facial Bones Shift With Age, Setting the Stage for Sagging Skin

By [Miranda Hitti](#)

WebMD Medical News

Reviewed by [Louise Chang, MD](#)

Nov. 9, 2007 -- When faces sag with age, there may be an architectural reason for it -- and possibly an architectural fix, too.

It's all about the bones, according to Michael Richard, MD, and Julie Woodward, MD, of Duke University Medical Center.

They studied head scans of 100 patients treated at Duke University Medical Center over the past three years.

The patients fell into four groups:

- 25 women aged 18-30
- 25 men aged 18-30
- 25 women aged 55-65
- 25 men aged 55-65

Foreheads were more prominent and cheekbones were less prominent in the older patients.

"The facial bones also appear to tilt forward as we get older, which causes them to lose support for the overlying soft tissues," Richard says in a news release. "That results in more sagging and drooping."

Those changes appear to be more dramatic in women, the study shows.

Richard suggests that [cosmetic surgery](#) to lift sagging [skin](#) may be more about the face's bony framework than the skin itself.

"Our focus has always been on tightening and lifting the soft tissues, skin, and muscle in an attempt to cosmetically restore patients' youthful appearance. ... It might actually be better to restore the underlying bony framework of the face to its youthful proportions," says Richard.

But it's not just about looks.

"One of the big risks of facial surgery is the potential for hitting the facial nerve, which could cause paralysis," says Richard. "If we can move the focus to the bone surface, away from that

nerve, we may create an even safer, less extensive surgical procedure than the ones we perform today."

Richard presented the findings today in New Orleans at the American Society of Ophthalmic Plastic and Reconstructive Surgeons' fall scientific symposium.



## Forever Young? New Treatment Betters Botox, Doctor Says

POSTED: 2:38 pm EST November 13, 2007

**CINCINNATI** -- Some cosmetic surgeons are calling it a serious alternative to Botox.

A new procedure that promises to give you longer lasting results without the needles! Well, sort of.

Approved by the FDA just a few months ago, only two doctors in the entire country are performing the procedure.

One of them is right here in the Tri-State.

As far back as she can remember, Linda Rinehart has always been self-conscious about the lines on her forehead.

"I have a habit of frowning a lot," she said. "Getting rid of them is important to me."

The 64-year-old grandmother of five tried everything from creams to injections, but her wrinkles just wouldn't budge.

"I was really starting to show my age," Rinehart said.

So when she heard about Dr. Shalini Gupta at the Dermatology Laser and Vein Center performing a brand new procedure that promises Botox-like results, Rinehart decided to give it a try.

It's called glabellar furrow relaxation, or GFX. It promises to relax the wrinkles on your forehead and between your brows – but without needles, and a longer-lasting result.

"We can't say its permanent at this point. We don't have data to support that it would be permanent, however it is very long lasting," Gupta said.

Most of the patients tested stayed wrinkle free for nearly a year to a year and a half, Gupta said.

"I think it'll be attractive to a lot of the current Botox patients but also to those patients afraid of Botox because it's a toxin. This is an alternative for them as well," she said.

Gupta uses a probe to identify the nerves that make you frown. Heat is applied to those nerves, essentially numbing them so you couldn't frown even if you wanted to.

Rinehart said that within an hour of the procedure, she saw results.

"This will make me feel better about myself and give me some more self-esteem," she said.

Karen West decided to give GFX a try after years of getting Botox injections.

"I was thrilled absolutely thrilled. Because I do really like the effects of the Botox and if I can get the same effect with just one procedure, then I am going to go for it, because over time, it will be less costly," West said.

Other doctors are quick to point out they believe the procedure has significant drawbacks.

"With Botox it's a real finite period of time, 3 to 4 months. Either you like or it didn't give you good results. But this is supposed to last, 8, 12, 18 months, so even if you don't like it, you're still pretty much just stuck with it," Dr. Peter McKenna said.

"I'd give people the same advice that I do with any new procedure, and that is don't jump into things right away, because a lot of times it hasn't been tried on a lot of people or for a long period of time, so we really don't know what the long term effects are," McKenna said.

Botox typically runs anywhere from \$250 to \$450 per treatment depending on where you get it, but you have to go back for injections usually every 3 to 6 months.

The GFX procedure will run you roughly anywhere from \$1,800 to \$3,000 per treatment, and while for most people the results last for nearly a year to a year and a half, there is no guarantee the results will last.