

New Year's Resolutions for Looking & Feeling Your Best



Cosmetic Surgeon,
Leonard A. Rubinstein, M.D.

aging programs have given the well-trained Rejuvenation specialist much to offer the patient concerned with age-related disease and aging appearance," adds Dr. Rubinstein who also has advanced unique offerings in Anti-Aging and Rejuvenation. As part of Dr. Rubinstein's ongoing Integrative Approach to Rejuvenation and Wellness, he developed the Center for Cosmetic Surgery, Rejuvenation and Skin Wellness where he actively teaches colleagues his unique approaches to Image Enhancement - approaches that are truly "from the Inside-Out".

Rather than simply providing cosmetic surgical procedures, the Center's unique philosophy is to focus on the "complete person", to determine the programs and procedures that best achieve each patient's personal goals with the most excellent outcome possible. Applying an integrative and holistic (East-West) approach to the art of rejuvenation, Dr. Rubinstein and his highly-trained staff offer a full range of procedures in one complete, state-of-the-art medical and state-registered out-patient surgical facility: Food Allergy testing, Bio-Identical Hormone Therapies, HCG Weight Loss Programs, Oriental Medicine therapies, Comprehensive Skin Care and Cosmetic Surgery are all offered, to name just a few of the many services available. Because consultations with all of the Center's specialists, all procedures, and all follow-up appointments take place in one location, treatments are coordinated to maximize patient care and convenience. "Our goal is to increase each patient's self-confidence through an improved, natural-looking appearance and rejuvenation from the inside-out," states Dr. Rubinstein. He adds, "Most doctors offer only conventional plastic surgery techniques...I realized years ago that patients deserve more so, after training extensively in Cosmetic Surgery, we made it our business to become trained in Anti-Aging and Regenerative Medicine as well. We expanded on our approach by combining alternative therapies with conventional medical techniques. By providing a truly comprehensive rejuvenation program, we are not only successful in esthetically improving the external appearance of each patient but are able to turn the patient's biologic clock back a bit and help them to feel their very best."

Many have taken steps to embrace a proactive stance on aging and are consulting skin specialists, cosmetic surgeons and anti-aging specialists for their advice. Sarasota Cosmetic Surgeon and Anti-Aging specialist, Dr. Leonard A. Rubinstein, claims "More and more men and women are educating themselves about the many safe and effective options available today for image enhancement," "Time-tested cosmetic surgical procedures and anti-

Here are some of the latest options for the coming 2011 year to look and feel your very best:

Facial Fillers and Implants: Options aplenty! There are dozens of name-brand facial fillers and new ones are continuously being developed. Widely used types include Collagen, Hyaluronic Acid, Calcium Hydroxylapatite, Poly-L-lactic acid, Polymethylmethacrylate (PMMA). Many doctors like Dr. Rubinstein are opting for transplanting the patient's own fat. Here are some of your options:

Collagen: FDA reports "the shortest lasting of injectable filler materials" with results lasting about 3 months.

Hyaluronic Acid (HA): Results last around 6 months to a year. Juvederm often will last up to 18 months.

Calcium Hydroxylapatite: Radiesse is a popular choice and its effects generally last about 18 months.

Poly-L-lactic acid: Sculptra(tm) is administered over several months with results visible over several weeks and lasts up to 2 years.

Polymethylmethacrylate (PMMA): Artefill(tm) offers dependable results and lasts more than 2 years.

Autologous fat: Completely natural as it is the patient's own harvested fat being transferred into the face, breasts and buttocks with the results being long lasting sometimes even permanent.

Alternatively, facial implants can be placed under your skin where your body accepts them as its own tissue. These implants are often used for those who desire a more prominent chin and fuller cheeks.

"Eye Lift" (Blepharoplasty): Removing excess skin and fatty tissue of the eyelids restores a more youthful look around the eyes. This delicate procedure is performed by skilled facial plastic surgeons like Dr. Rubinstein under local sedation with minimal post-operative discomfort. The effects of "brighter" more "youthful" eyes can be dramatic.

RejuvLIFT(tm): Facial and Body Appearance Enhancement: Though he has 25 years of experience in traditional

face-lifting procedures, Dr. Rubinstein has advanced a revolutionary technique by combining the best components of several "quick-lift" techniques to develop a new technique which he calls the RejuvLIFT™. This revolutionary procedure is performed in the office under local anesthesia and is a simple and convenient way to raise sagging tissues, especially the brows, cheeks, neck and mid-face, and adjusting asymmetric areas of the face. The RejuvLIFT™ can be combined with some of the newest and latest facial fillers; Restylane™, Cosmetique™, Juvederm™, FDA-approved Radiesse™ and Botox™ injections, to offer amazing results for a younger looking you!

Liposculpting with Stem Cell

Enhanced Fat Transplant: This unique technique combines newly patented ultrasonic, radio-frequency and laser technologies with advanced surgical techniques, using ultrasound and laser to break up and remove fatty tissue and then tightening the tissues with radio-frequency. Dr. Rubinstein's unique **RejuvLIPOSCULPT** technique of Facial and Body Contouring combines fat-removal with fat transplantation. Once the fat is removed, it can be re-implanted into other parts of the body to lift droopy and saggy tissues. Now we are enhancing the fat being transplanted with stem cells (mother cells) obtained from the fat removed and then added to the fat to be transplanted. This combination enhances the longevity of the transplanted fat and serves to enhance the volume of the tissue by "plumping it up" and provides a more youthful and fuller appearance of the tissues," affirms Dr. Rubinstein who is considered a pioneer in this technique and is one of the few doctors in the country now performing and teaching this technique to other doctors.

"No-Skin-Scar" Breast

Augmentation: Dr. Rubinstein's unique technique places the tiny incision hidden in a wrinkle inside the pigmented portion of the areola of the breast. The resultant healing allows for camouflaging of the tiny incision and, within a month, is hardly visible. No longer does the fear of an unattractive skin scar following your breast augmentation have to sway you from taking advantage of this highly popular procedure.

"Mommy Make-Overs": After taking care of your children isn't it time to take care of you? Has child-bearing altered the youthful curves and resulted in fatty deposits and rolls of tissue in places you

never had before? Don't worry....there's hope! Well-trained cosmetic surgeons are able to use a series of surgical techniques to give you your youthful shape back and help you get rid of unwanted rolls and fatty deposits. By taking advantage of a combination of some of the innovative procedures listed above and below, you can regain the shape you thought you had lost forever.

Designer Labiaplasty: As a quite popular procedure, women today are taking steps to enhance the youthful appearance of even the most private of bodily parts. This procedure is carried out for aesthetic or functional reasons, sometimes both. Some women are unhappy with the way they look or feel believing that excessive folds of skin are either too large or unduly asymmetrical, and therefore not aesthetically pleasing to either themselves or to their current or potential future partners. Labiaplasty corrects what some consider being unique "peculiarities".



BEFORE

Integrative and Holistic Weight Loss

Programs: Today, a well-trained physician specializing in integrative approaches to weight management can help you get rid of (not just lose to re-find again) unwanted weight. At the Center for Integration in Cosmetic Surgery and Rejuvenation Medicine, a lifestyle evaluation along with a comprehensive evaluation of your delayed food allergies is performed. In-depth hormone evaluation and blood analysis for nutritional deficiencies are often recommended. Once the data is reviewed, Dr. Rubinstein and his staff of alternative medicine physicians, nutrition counselors and fitness experts can design a tailored program for weight loss that is often combined with HCG supplementation and food allergy desensitization drops for maximum effectiveness.



AFTER

Skin Care Products: RejuvSKINCare products are formulated using the Concept of "Molecular Cosmetics," which means that active ingredients are added at concentrations that will produce visible improvement within the first 2 weeks. Effectiveness is enhanced when products are used together as a prescribed regimen. RejuvSKINCare promotes, prevents, and protects for beautiful skin.

Bio-Identical Hormone Replacement Therapy:

Bio-Identical Hormone Replacement Therapy (HRT) can improve one's outlook on life. Bio-Identical Hormones (Estrogen, Progesterone, Testosterone, and Human Growth Hormone) have the same molecular structure as those made by our bodies and are safer and more effective than synthetic hormones. "There is no evidence in the scientific literature that the effective and monitored use of compounded Bio-Identical Hormones causes any problems nor cancers," affirms Dr. Rubinstein. To begin a HRT program, a comprehensive diagnostic testing is performed to evaluate if and where hormone deficiencies lie. Laboratory testing, comprehensive in-depth medical history and lifestyle evaluation can identify these deficiencies.

When searching for a qualified professional to perform your Cosmetic Surgery procedure, Dr. Rubinstein strongly suggests that one look for a professional who is a Fellow of American Academy of Cosmetic Surgery and has many years of experience in this field (www.CosmeticSurgery.org). He warns that Board certification is not enough nor is it proof of proficiency in all aspects of Cosmetic Surgery. When looking for a qualified Anti-Aging specialist, Dr. Rubinstein strongly suggests that the physician be extensively trained in Anti-Aging medicine and be Board Certified by the American Board of Anti-Aging and Regenerative Medicine (www.A4M.com) and Rejuvenation Medicine and has many years of experience in this field as well.

The Latest Rejuvenation Techniques to Consider as you Plan for the New Year 2011

Local Cosmetic Surgeon and Rejuvenation Specialist Revolutionizes Anti-Aging Strategies by Combining Conventional with Alternative Rejuvenation Techniques

This year why not set your resolutions in your own direction and improve upon your overall self-satisfaction? Do you lament gaining extra pounds over the last year that you hoped would have been lost by year's end? Do you find yourself more irritable, sleeping less, or riddled with bothersome hot or cold flashes? Do you notice your skin sagging a bit more this year and are mirrors revealing more wrinkles than before?

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