



Greetings....

Welcome back from summer, hopefully one full of growth, exploration, and well-deserved rest. As we enjoy the last few weeks of the season, we are returning to routines, but hopefully with a new-found energy.

Our summer has brought new insights in treatment options, as limits have been challenged and approaches expanded....

Examples:

- **Coolsculpting by Zeltiq**, is the non-invasive, clinically-proven procedure to selectively reduce fat layers in problem areas. It is now available with a suction-less, non-vacuum-based hand-piece, CoolSmooth, which allows difficult and stubborn areas of fat to be addressed. Outer thighs and backs of thighs, mid-belly around the belly-button, and upper backs, which can at times be a challenge to treat optimally with a suction hand-piece, can now be treated more conveniently. The results speak volumes...
- **Riversol has created a new line, Riversol MD**, to provide patients with a variation on the theme. The new offering is a safe, hypoallergenic skin care alternative. The unchanged main ingredient, Beta-thujaplicin, the potent anti-oxidant and anti-inflammatory, reduces the appearance of redness. Combined with the Vitamins C and E, accelerates healing of inevitable tissue damage by encouraging collagen growth occurs, thereby diminishing the appearance of fine lines and wrinkles. What is new in Riversol MD is the formulation, in that coconut esters and shea butter have been introduced, but without the addition parabens.

- **Controversies and Conversations in Laser and Cosmetic Medicine and Surgery**, the annual conference at the forefront of the field, this year held in the American Rockies, was a forum for the international faculty of luminaries to explore many topics. Practice in 2014 has new challenges, many of which were discussed. Melasma, scars, fillers, home-devices, and social media were all on the table. Most fascinating to me were the discussions on the means of achieving the much-coveted 'natural look'. Regional differences certainly exist, however, there was heightened interest in the blended scientific and artistic approach, which is the basis of my practice. An appreciation for human psychology, coupled with the importance of strong artistic principles, both significantly strengthen a solid scientific base. This multi-faceted approach leads to infinitely better results, and ultimately enhanced patient satisfaction.
- **Continuing education** is a pillar at **KJD-MD**, having just completed another workshop, *The Creativity Process*. Others are on the horizon, specifically one in early October. Please contact the office well ahead of time to schedule your appointments, so as not to be disappointed. We will do everything in our power to accommodate you and your needs.

Busy schedules call, so I will sign off for now....and please remember the open-door policy. We are always happy to see you and to hear from you.

Cheers,

KJD-MD