AGING BEAUTIFULLY: HEALTHY SKIN IS BEAUTIFUL SKIN

RACHEL GORDON MD, FAAD

NORTH DALLAS DERMATOLOGY ASSOCIATES

HEALTHY SKIN IS BEAUTIFUL SKIN

- PREVENTING AND DETECTING SKIN CANCER
- HOW AND WHY OUR SKIN CHANGES WITH AGE
- PREVENTING SKIN AGING
- REVERSING THE CLOCK

SKIN CANCER

- THE MOST COMMONLY DIAGNOSED CANCER IN THE UNITED STATES
- FAMILY HISTORY OF SKIN CANCER, BLISTERING SUNBURNS, AND HISTORY OF SUN EXPOSURE INCREASES RISK
- SELF-SURVEILANCE
  - UGLY DUCKLING METHOD TO SPOT OUTLIERS

Asymmetry

- One half is different from the other!

Border

- Irregular, notched or blurry

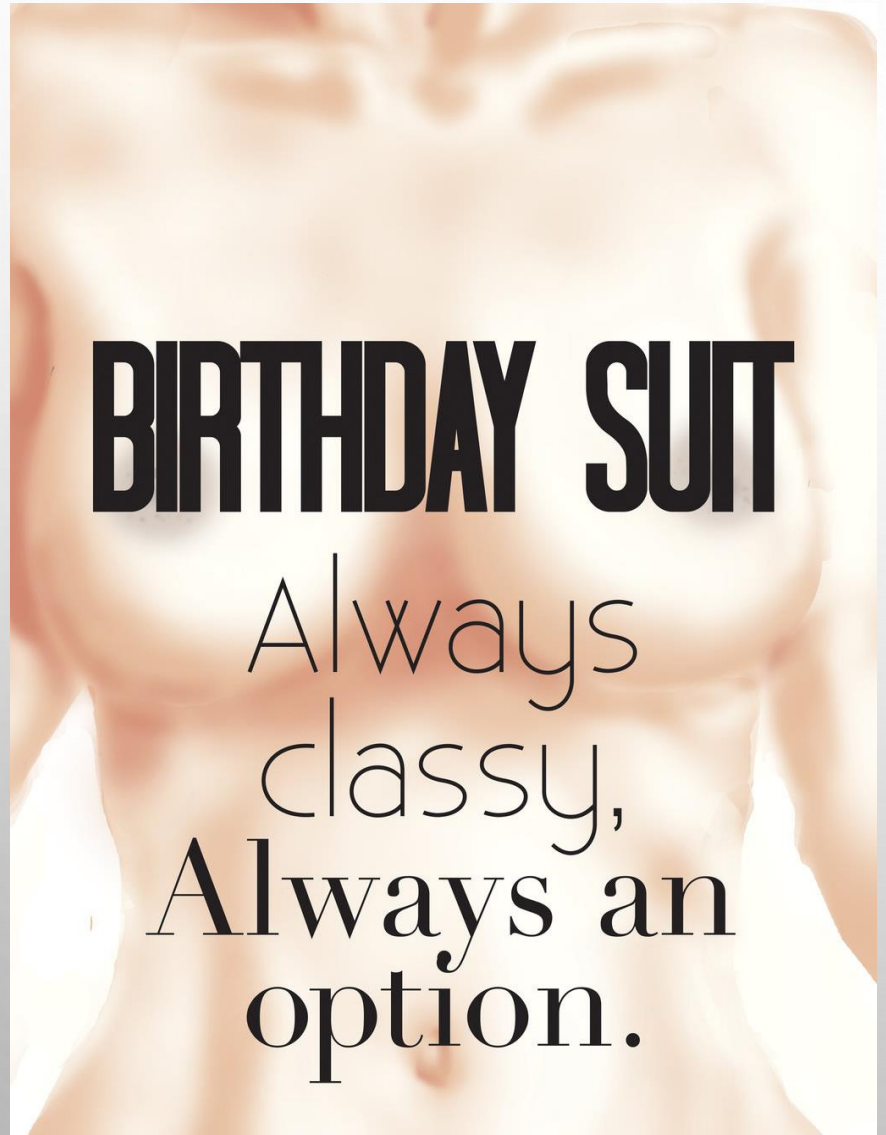
Colour

- More than one!

Diameter

- Larger than 6mm (1/4 inch)

CHECK YOUR BIRTHDAY SUIT ON YOUR BIRTHDAY!



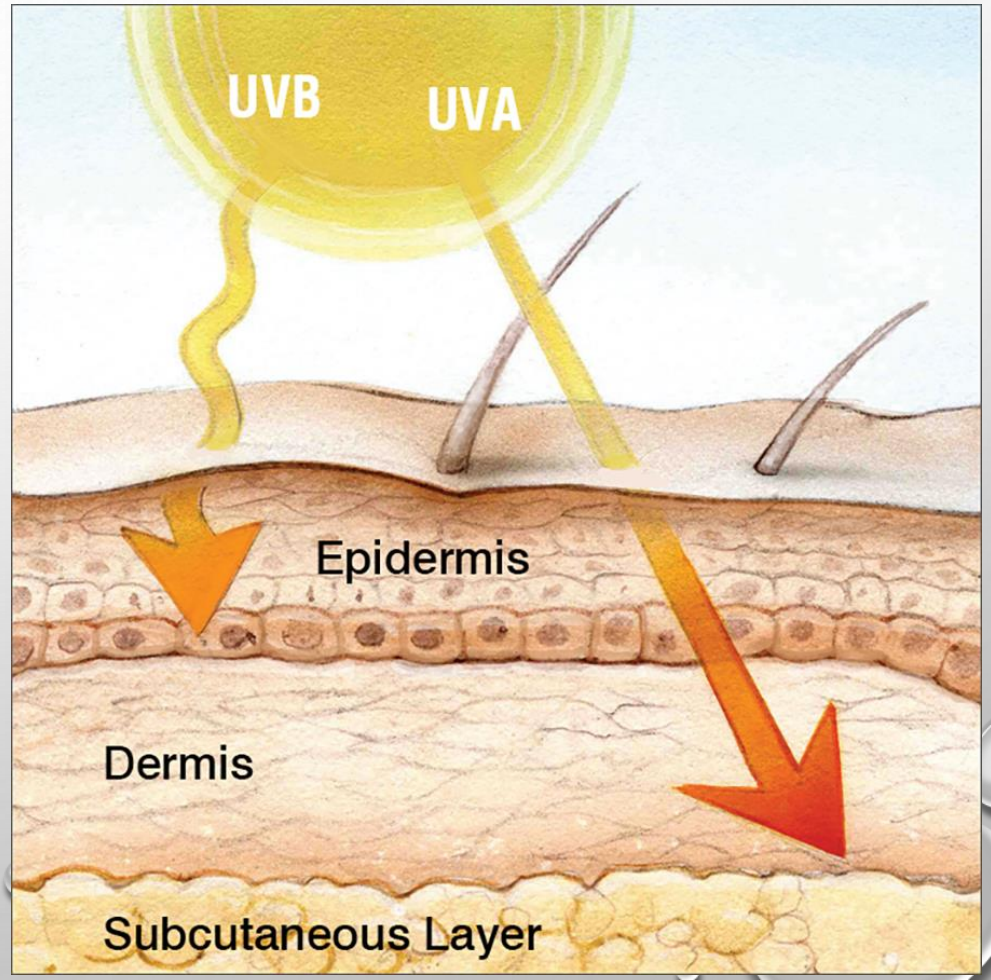
- COMPREHENSIVE HEAD TO TOE SKIN EXAM BY A DERMATOLOGIST IS THE MOST EFFECTIVE SCREENING TEST FOR SKIN CANCER
- ESPECIALLY IMPORTANT
  - FIRST DEGREE RELATIVE WITH MELANOMA
  - HISTORY OF TANNING, BLISTERING SUN BURNS
  - NEW, CHANGING, TENDER/BLEEDING SKIN LESIONS

HOW AND WHY THE SKIN AGES: INTRINSIC AND EXTRINSIC AGING

- EXTRINSIC AKA PHOTOAGING
  - ENVIRONMENTAL, CAN BE AVOIDED
  - CHRONIC, CUMMULATIVE UV RADIATION IS THE #1 CAUSE OF PREMATURE AGING
  - CIGARETTE SMOKE
  - POLLUTION
- INTRINSIC
  - INTERNAL FACTORS ALONE
  - NOT MODIFIED BY LIFESTYLE
  - LOSS OF VOLUME IN DEEPER AREA OF SKIN AND UNDERLYING FAT = LOSS OF FIRM, TAUT, “PLUMP” YOUTHFUL APPEARANCE
  - DECREASING ESTROGEN LEVELS ASSOCIATED WITH DECREASED FAT STORES

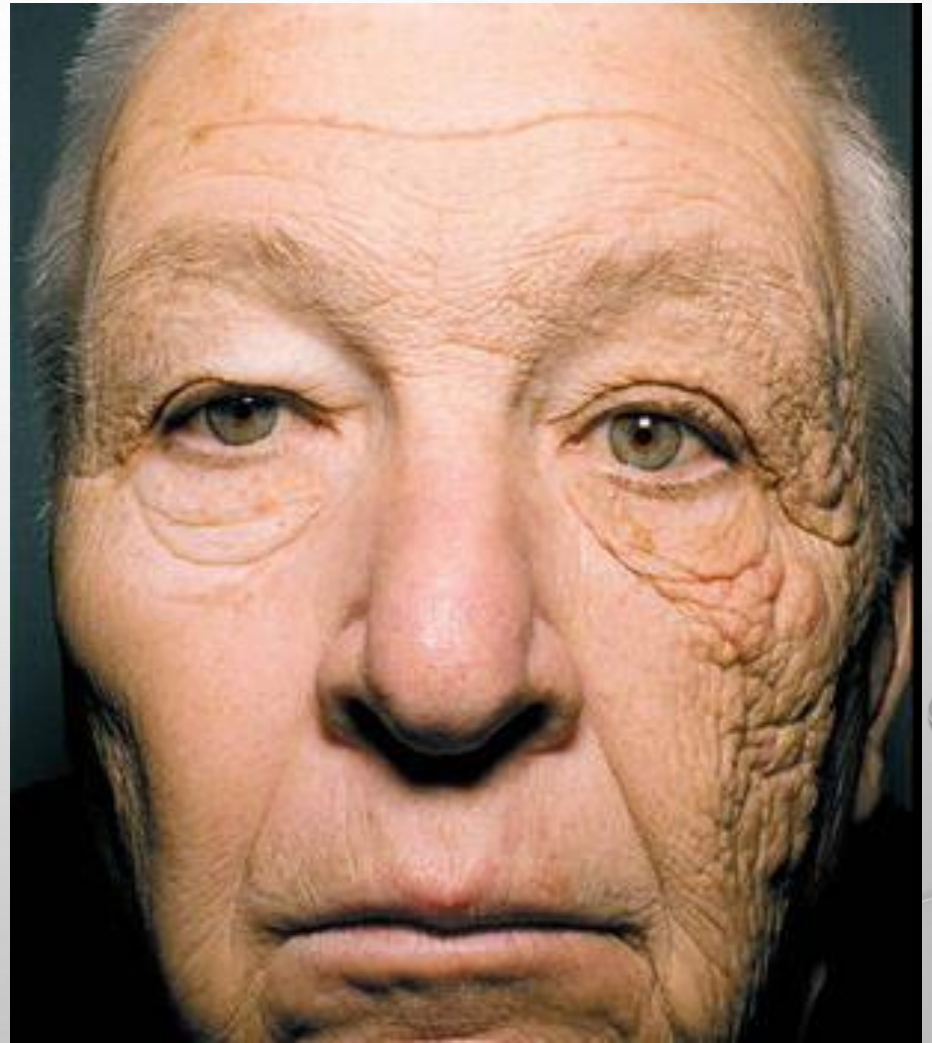
UV RADIATION AND YOUR SKIN

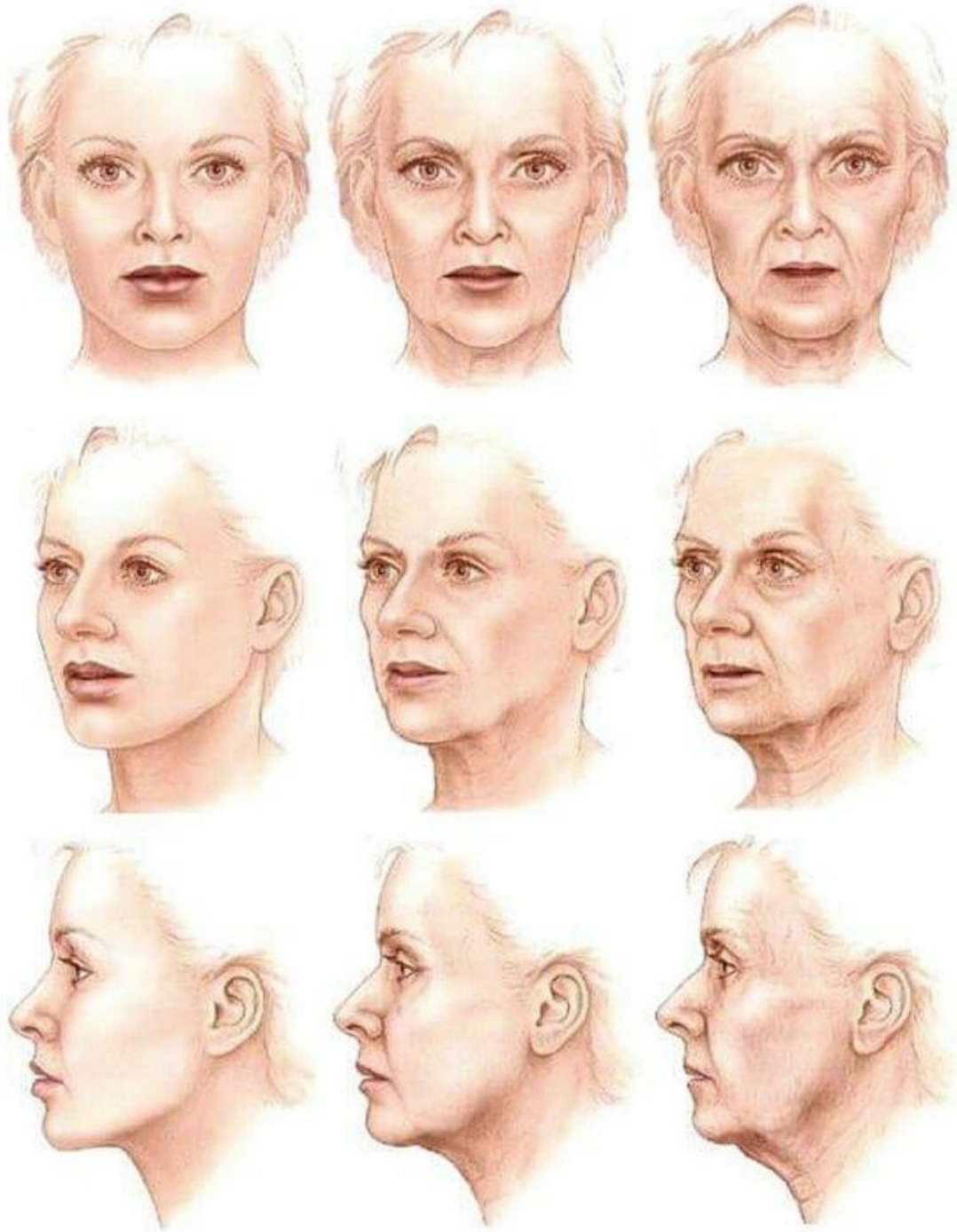
- UVB: DNA DAMAGE
- UVA: PHOTOAGING
  - NOT BLOCKED BY WINDOWS
- COLLAGEN AND ELASTIN PROVIDE FIRMNESS OF SKIN
- WHEN COLLAGEN AND ELASTIN LEVELS ARE DEPLETED OR OF POOR QUALITY, THE CONDITION OF THE SKIN IS AFFECTED AND THE LOSS OF FAT CAN BE ACCENTUATED



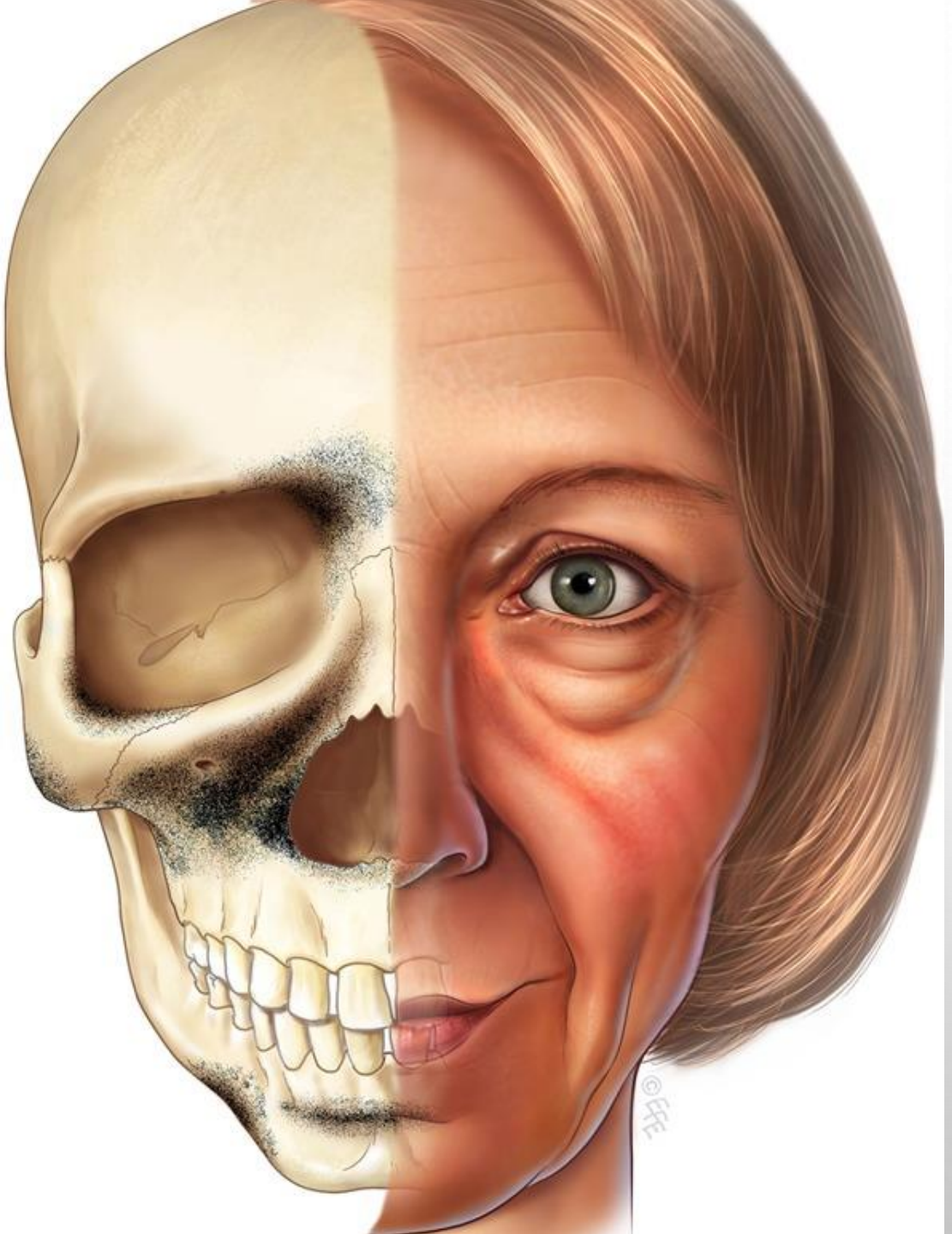
EXTRINSIC SKIN AGING: UV RADIATION, SUPERFICIAL TEXTURE OF SKIN

- LOSS OF COLLAGEN/ELASTIN (WRINKLES/SKIN LAXITY AND SAGING/"EASY BRUISING")
- PIGMENTATION (FRECKLES/"AGE SPOTS"/UNEVEN COMPLEXION)
- INCREASE RISK OF DNA DAMAGE, THUS SKIN CANCER





INTRINSIC AGING = VOLUME LOSS



BONE REABSORPTION

- DECREASED STRUCTURAL SUPPORT
  - NASAL BRIDGE
  - LOWER ORBITAL RIM
  - CENTRAL CHEEK
  - LOWER JAW
  - CHIN/LIP JUNCTION
- DROOPING/SAGGING OF OVERLYING SOFT TISSUE/INWARD TURNING OF LIPS

PREVENTING PREMATURE SKIN AGING

- **WEAR SUNSCREEN EVERY SINGLE DAY**
- SELF-TANNERS OVER TANNING
- STOP SMOKING
- LESS ALCOHOL, MORE WATER
- EXERCISE
- BALANCED DIET
- STOP USING PRODUCTS THAT STING OR BURN
- USE A DAILY MOISTURIZER
- WASH FACE TWICE DAILY WITH A GENTLE CLEANSER
- WEAR SUNGLASSES TO PREVENT SQUINTING

PREVENTING PREMATURE SKIN AGING: FINDING YOUR PERFECT SKIN CARE REGIMEN

- SUNSCREEN WITH ZINC
- RETINOL IN PM
  - SLOWS THE DESTRUCTION OF COLLAGEN
  - SKIN TEXTURE/FINE LINES/PORE SIZE
- ANTIOXIDANT IN AM
  - PROTECTION AND RECOVERY FROM DAMAGE CAUSED BY FREE RADICALS
- GROWTH FACTORS
  - PROMOTE TISSUE REPAIR AND REGENERATION

BUYER BEWARE!

- OVERWHELMING AMOUNT OF PRODUCTS ON MARKET
- WHAT YOU PAY FOR ISN'T ALWAYS WHAT YOU GET
- CONSULTING WITH A DERMATOLOGIST IS THE SAFEST, MOST EFFECTIVE ROUTE TOWARDS RESULTS

REVERSING THE CLOCK

- NEUROMODULATORS
- SOFT TISSUE AUGMENTATION
- SUBMENTAL FAT REDUCTION
- LASER REJUVENATION
- BODY CONTOURING

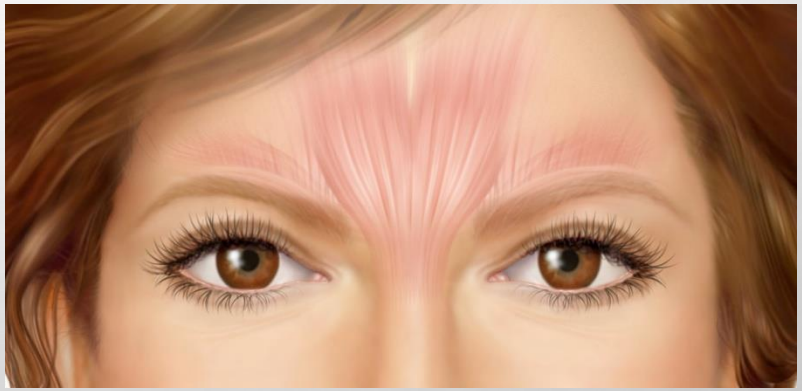
NEUROMODULATORS

- INJECTED INTO MUSCLES TO TEMPORARILY SMOOTH WRINKLES FORMED BY REPETITIVE FACIAL MOVEMENT
  - CROWS FEET
  - FROWN LINES
  - FURROWED BROW
- TAKES 5 MINUTES, NO DOWNTIME, LASTS 3-4 MONTHS
- NOT RECOMMENDED DURING PREGNANCY OR IN SETTING OF CERTAIN NEUROLOGICAL DISEASES (MYASTHENIA GRAVIS)

1'S, 11'S, AND 111'S…

Your ***1's, 11's,*** or ***111's*** are those moderate to severe vertical lines between your brows. Whether you have one moderate to severe frown line ***(1's)***, or two ***(11's)***, or even three ***(111's)***, the cause is actually the same.

Years of squinting, concentrating, or frowning can cause your skin to furrow and crease. As time passes, your skin becomes less elastic and those moderate to severe frown lines remain even when your muscles aren't contracting.



Moderate to severe frown lines that appear between your brows (glabellar lines) result from repeated muscle contractions in that area over the course of time.

Please see Important Safety Information on slides 2-6.

BEFORE & AFTER WITH BOTOX® COSMETIC

1. BOTOX® Cosmetic Prescribing Information, August 2009.

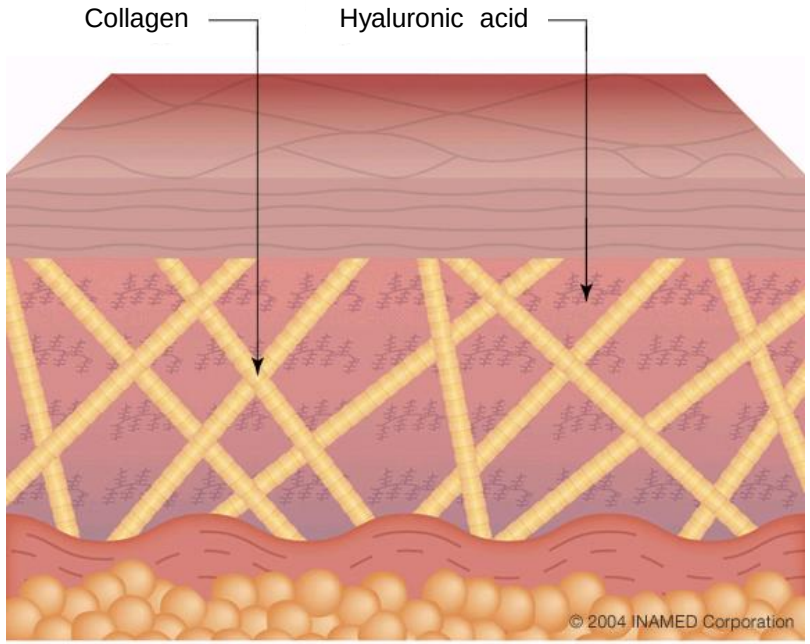
Please see Important Safety Information on slides 2-6.

SOFT TISSUE AUGMENTATION

- FILLERS ARE USED TO CORRECT FACIAL WRINKLES AND FOLDS, AUGMENT LIPS, SHAPE FACIAL CONTOURS
- MADE FROM HYALURONIC ACID, WHICH OCCURS NATURALLY AND IS FOUND PREDOMINANTLY IN THE SKIN
- HYALURONIC ACID FILLERS WORK BY BINDING ABOUT 1,000 TIMES THEIR WEIGHT IN WATER, AND THIS HELPS TO PLUMP THE SKIN AND CAN HELP TO STIMULATE YOUR OWN BODY'S PRODUCTION OF COLLAGEN OVER TIME
- LAST 6-12 MONTHS
- THE MOST COMMON SIDE EFFECTS ARE REDNESS AND/OR SWELLING AT THE INJECTION SITE (TWO TO THREE DAYS) AS WITH ANY INJECTION, BRUISING IS ALSO A POSSIBILITY. IN ADDITION, A VERY SMALL PERCENTAGE OF PATIENTS MAY DEVELOP A HYPERSENSITIVITY REACTION

PROCESS OF FACIAL AGING

- Young, healthy skin contains an abundance of a natural sugar called hyaluronic acid (HA)
  - HA is one of the factors that keeps skin looking smooth and supple



This is a graphic representation of the natural collagen and hyaluronic acid in young skin.

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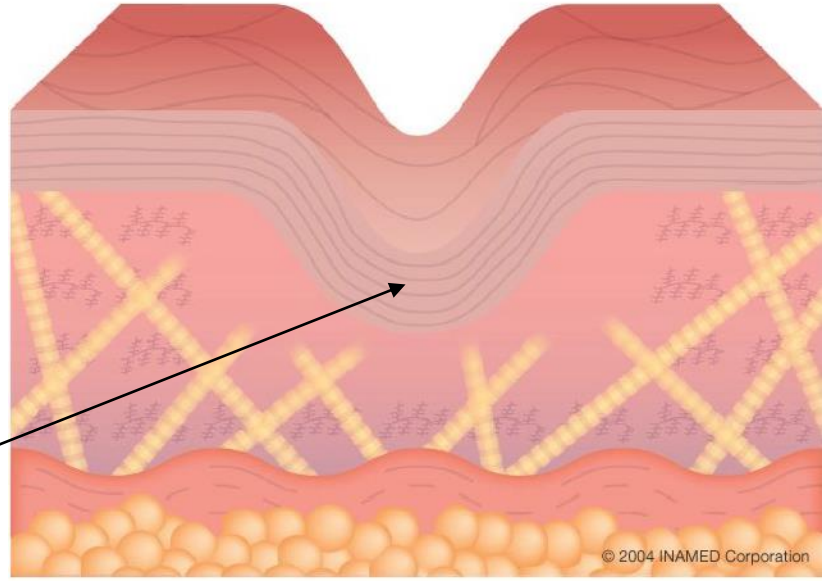
PROCESS OF FACIAL AGING (CONTINUED)

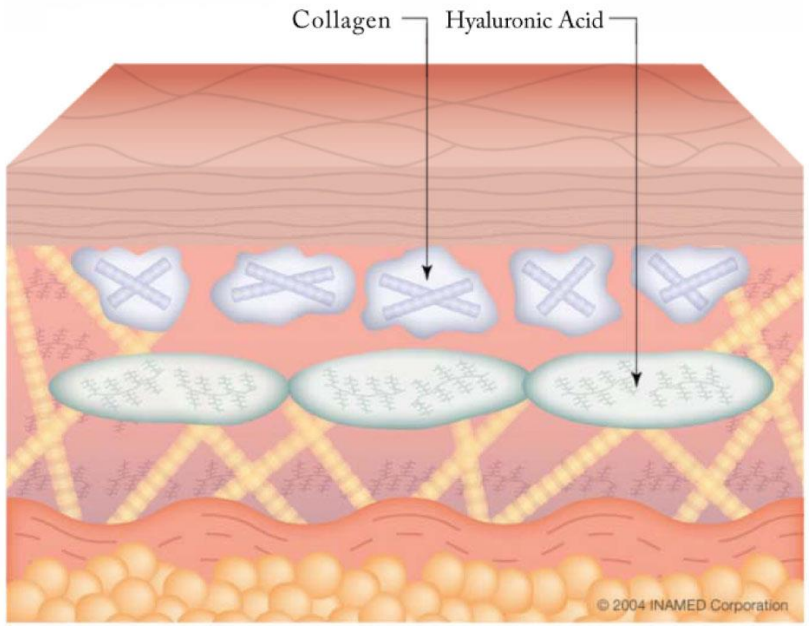
- Time, sunlight, and other factors can diminish your skin's HA
  - Causing skin to lose its structure and volume, producing unwelcome lines and wrinkles



This is a graphic representation of the natural collagen and hyaluronic acid in aging skin.

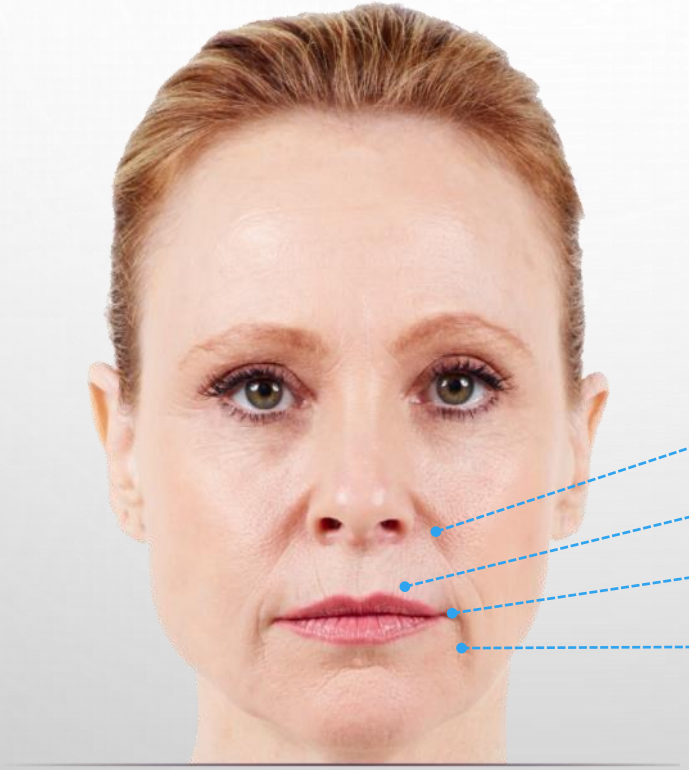
FIGHTING FACIAL AGING

- HA dermal fillers are the popular choice for replacing the skin's structure and volume to correct wrinkles and folds
  - When injected under the skin, fillers attract and bind water to provide skin with volume



This is a graphic representation of the natural collagen and hyaluronic acid in aging skin.

WHICH AREA OF THE LOWER FACE ARE MOST CONCERNING TO PATIENTS?



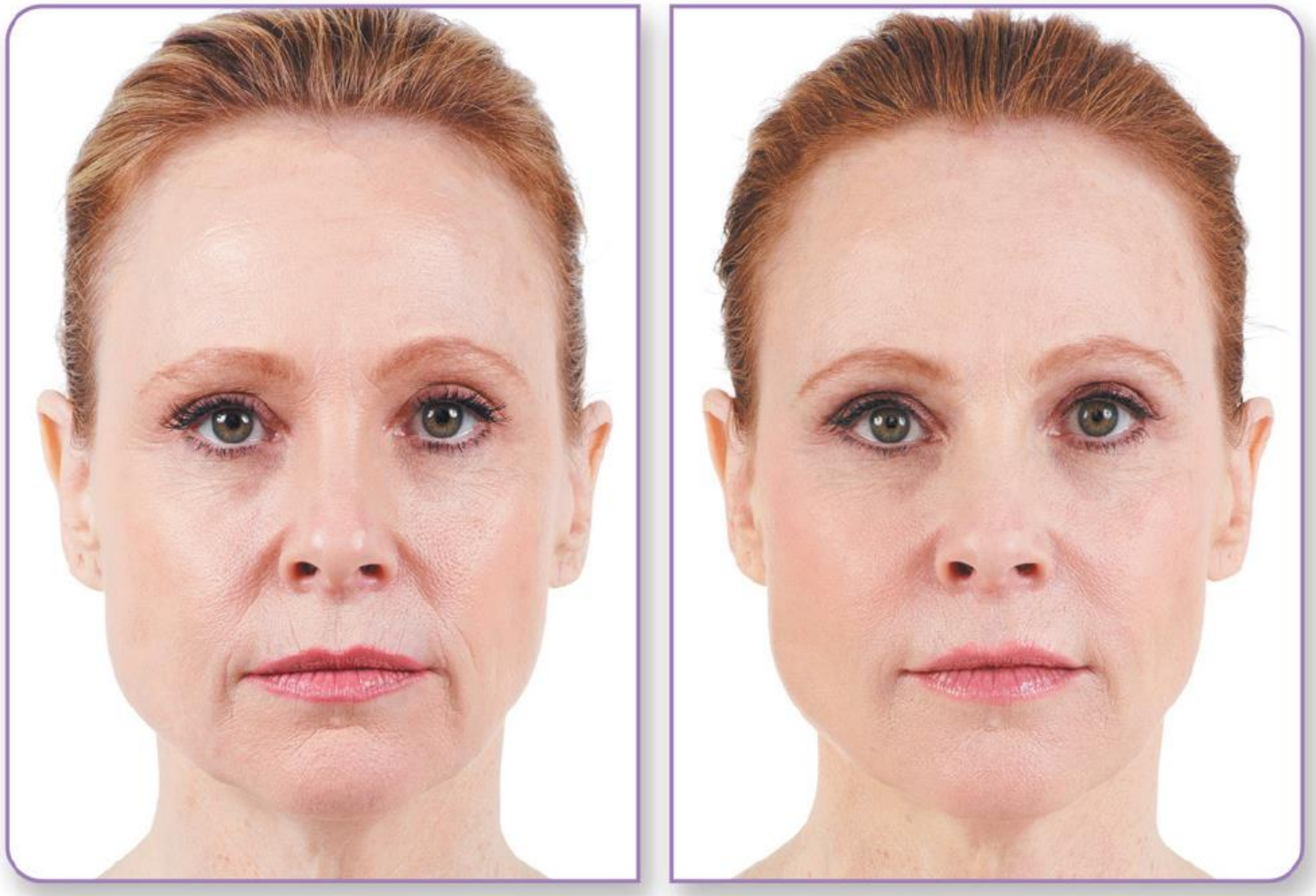
Treatment Areas

- Nasolabial Folds
- Vertical Lip Lines
- Oral Commissures
- Marionette Lines

Juvéderm XC

Before

After 2 weeks



Before

After 2 weeks

BEFORE-AND-AFTER PHOTOS (CONTINUED)

—Mary Ann

Individual results may vary.

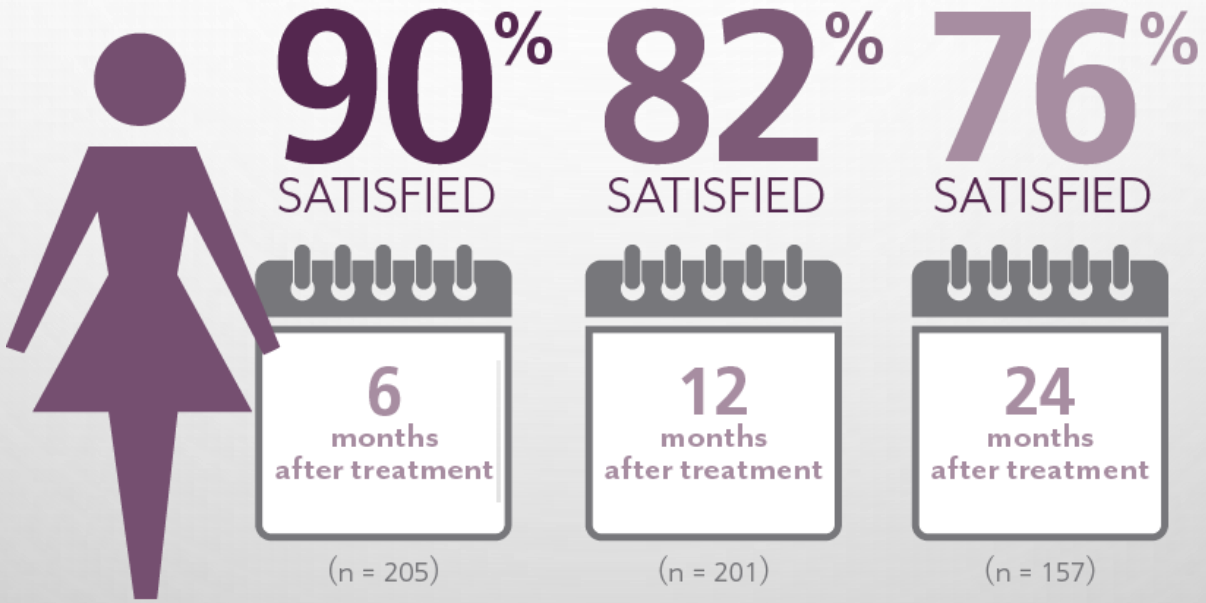
Unretouched photos of paid model taken before treatment and 1 month after treatment.
A total of 2.6 mL of JUVÉDERM VOLUMA® XC was injected into the cheek area.

The average volume of JUVÉDERM VOLUMA® XC injected during the clinical study was 6.8 mL to achieve optimal correction for the cheek area.

Juvéderm VOLUMA® XC

LASTING RESULTS THAT SATISFY

Majority of Patients Experienced Increased Satisfaction With Facial Appearance for Up to 2 Years With Optimal Treatment



OVERALL SCORE IS OBTAINED AS AN AVERAGE SCORE FOR RESPONSES ON FIRST 6 QUESTIONS ON FACIAL APPEARANCE EVALUATION. IMPROVEMENT INDICATES AN INCREASE IN THE OVERALL SATISFACTION SCORE SINCE BASELINE AMONG TREATMENT-GROUP PATIENTS.

Please see Important Safety Information on slides 2 through 5.

SUBMENTAL FAT REDUCTION

- DEOXYCHOLIC ACID IS A NATURALLY OCCURRING MOLECULE IN THE BODY THAT AIDS IN THE BREAKDOWN AND ABSORPTION OF DIETARY FAT.
- WHEN INJECTED INTO THE FAT BENEATH THE CHIN, KYBELLA® DESTROYS FAT CELLS, RESULTING IN A NOTICEABLE REDUCTION IN FULLNESS UNDER THE CHIN.
- ONCE DESTROYED, THESE CELLS CAN NO LONGER STORE OR ACCUMULATE FAT, SO FURTHER TREATMENT IS NOT EXPECTED ONCE YOU REACH YOUR DESIRED AESTHETIC GOAL.
- EACH KYBELLA® TREATMENT SESSION IS GIVEN AT LEAST 1 MONTH APART

SUBMENTAL FULLNESS, AKA "DOUBLE CHIN" CORRECTION

- DEOXYCHOLIC ACID
- INJECTIONS INTO THE SUBMENTAL FAT DESTROY THE FAT CELLS AND PREVENT FUTURE FAT STORAGE AND ACCUMULATION
- 2-4 TREATMENTS SPACED AT LEAST 4 WEEKS APART FOR OPTIMAL RESULTS

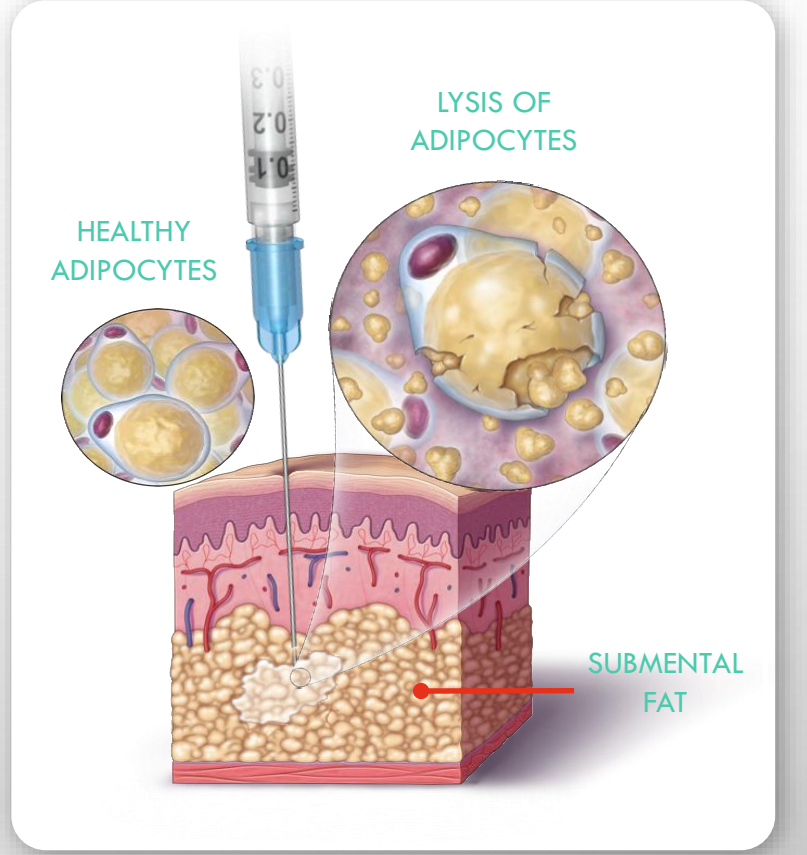
WHAT IS KYBELLA™ (deoxycholic acid) INJECTION AND HOW DOES IT WORK?

KYBELLA™ is the first and only FDA-approved injectable drug that contours and improves the appearance of submental fullness[1]

When injected into subcutaneous fat, KYBELLA™ causes the destruction of fat cells[1] and once destroyed, those cells cannot store or accumulate fat[2]

Treatment with KYBELLA™ is customized by the physician to the patient's aesthetic goals for an improved chin profile[1]

Once the aesthetic response is achieved with KYBELLA™, re-treatment is not expected[2]



IMPORTANT SAFETY INFORMATION

Avoid injecting in proximity to vulnerable anatomic structures due to the increased risk of tissue damage.

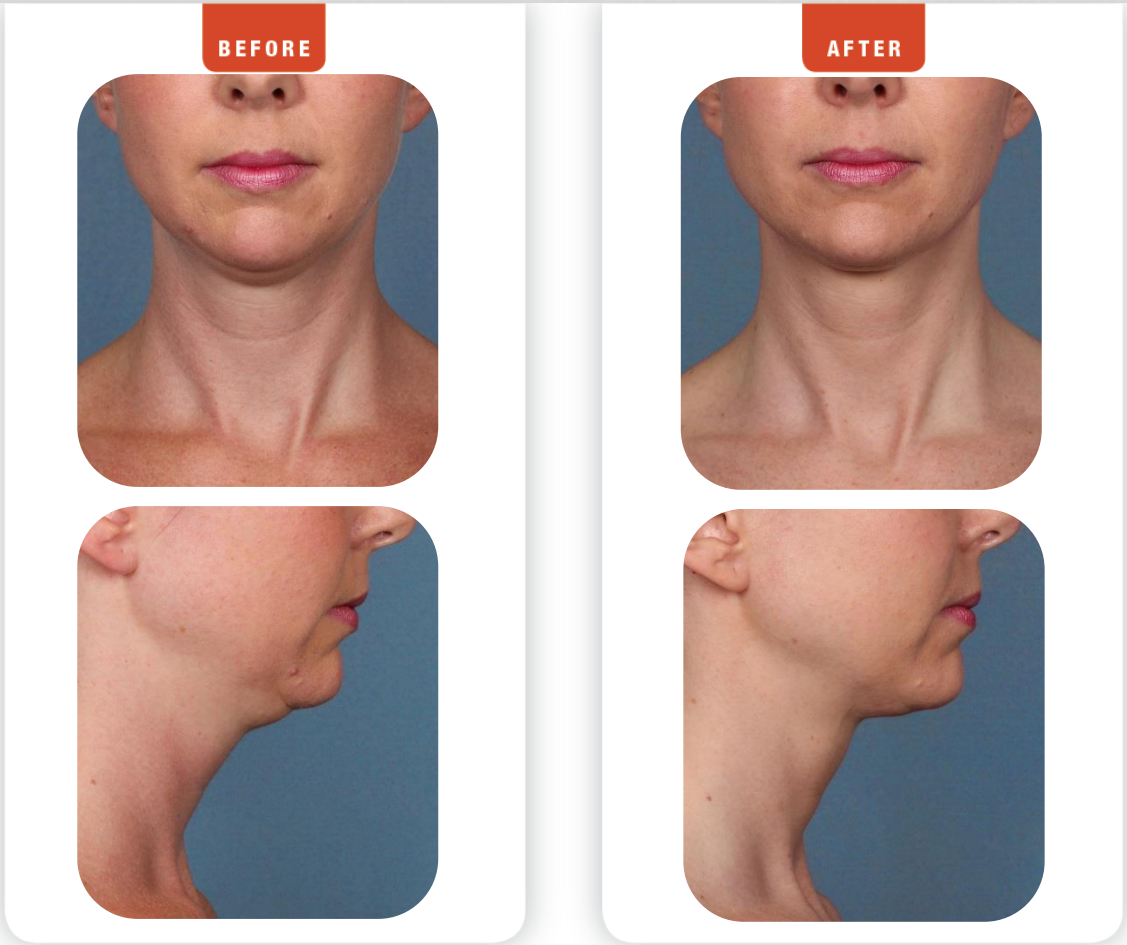
To avoid the potential of tissue damage, KYBELLA™ should not be injected into or in close proximity (1-1.5 cm) to salivary glands, lymph nodes and muscles

1. KYBELLA™ Prescribing Information, April 2015 2. KYTHERA Biopharmaceuticals, Data on File

PLEASE SEE APPROVED USE AND IMPORTANT SAFETY INFORMATION ON SLIDES 2-3

Request full KYBELLA™ (deoxycholic acid) injection Prescribing Information or visit mykybella.com

INTRODUCING KYBELLA™ (DEOXYCHOLIC ACID) INJECTION



Unretouched photos of KYBELLA™ clinical trial patient taken before and after 4 treatment sessions with KYBELLA™

Sex: Female | Age: 35 | BMI (before): 20 kg/m^2 | BMI (after): 19.6 kg/m^2

IMPORTANT SAFETY INFORMATION

THE MOST COMMONLY REPORTED ADVERSE REACTIONS IN THE PIVOTAL CLINICAL TRIALS WERE: INJECTION SITE EDEMA/SWELLING, HEMATOMA/BRUISING, PAIN, NUMBNESS, ERYTHEMA, AND INDURATION.

CASES OF MARGINAL MANDIBULAR NERVE INJURY, MANIFESTED AS AN ASYMMETRIC SMILE OR FACIAL MUSCLE WEAKNESS, WERE REPORTED DURING CLINICAL TRIALS. TO AVOID THE POTENTIAL FOR NERVE INJURY, KYBELLA SHOULD NOT BE INJECTED INTO OR IN CLOSE PROXIMITY TO THE MARGINAL MANDIBULAR BRANCH OF THE FACIAL NERVE.

DIFFICULTY SWALLOWING (DYSPHAGIA) OCCURRED IN THE CLINICAL TRIALS IN THE SETTING OF ADMINISTRATION SITE REACTIONS, E.G., PAIN, SWELLING, AND INDURATION OF THE SUBMENTAL AREA. AVOID USE OF KYBELLA IN THESE PATIENTS AS CURRENT OR PRIOR HISTORY OF DYSPHAGIA MAY EXACERBATE THE CONDITION.

TO AVOID THE POTENTIAL OF TISSUE DAMAGE, KYBELLA SHOULD NOT BE INJECTED INTO OR IN CLOSE PROXIMITY (1-1.5 CM) TO SALIVARY GLANDS, LYMPH NODES AND MUSCLES.

1. KYTHERA Biopharmaceuticals, Data on File

Individual results may vary.

PLEASE SEE APPROVED USE AND IMPORTANT SAFETY INFORMATION ON SLIDES 2-3

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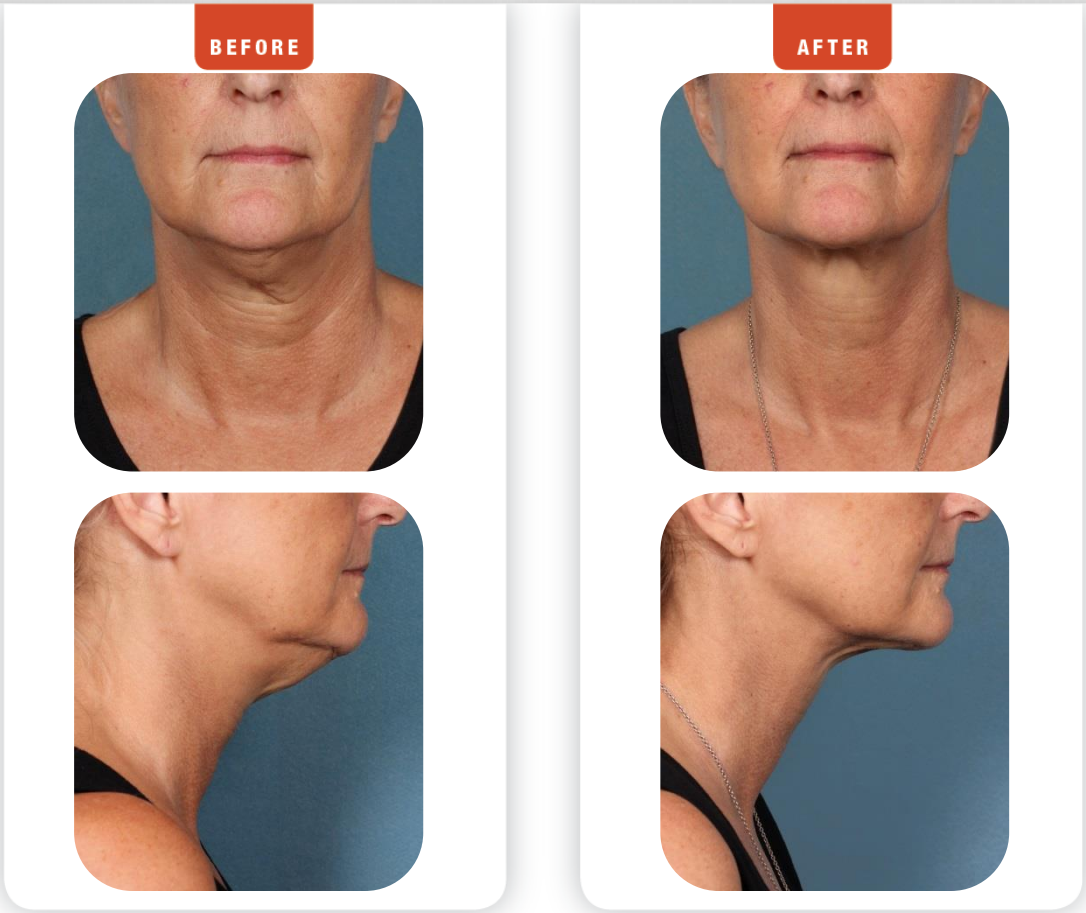
ACTUAL RESULTS WITH KYBELLA™ (DEOXYCHOLIC ACID) INJECTION



Unretouched photos of KYBELLA™ clinical trial patient taken before and after 5 treatment sessions with KYBELLA™

Sex: Female | Age: 55 | BMI (before): 21.8 kg/m^2 | BMI (after): 21.8 kg/m^2 **Individual results may vary.**

IMPORTANT SAFETY INFORMATION

The most commonly reported adverse reactions in the pivotal clinical trials were: injection site edema/swelling, hematoma/bruising, pain, numbness, erythema, and induration.

Cases of marginal mandibular nerve injury, manifested as an asymmetric smile or facial muscle weakness, were reported during clinical trials. To avoid the potential for nerve injury, KYBELLA should not be injected into or in close proximity to the marginal mandibular branch of the facial nerve.

Difficulty swallowing (dysphagia) occurred in the clinical trials in the setting of administration site reactions, e.g., pain, swelling, and induration of the submental area. Avoid use of KYBELLA in these patients as current or prior history of dysphagia may exacerbate the condition.

To avoid the potential of tissue damage, KYBELLA should not be injected into or in close proximity (1-1.5 cm) to salivary glands, lymph nodes and muscles.

1. KYTHERA Biopharmaceuticals, Data on File

PLEASE SEE APPROVED USE AND IMPORTANT SAFETY INFORMATION ON SLIDES 2-3

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LASER REJUVENATION AND BODY CONTOURING

- **R**UDDINESS (BROWN SPOTS, RED BLOTCHES, GENERAL DISCOLORATION)
  - INTENSE PULSE LIGHT OR PHOTOFACIAL
- SKIN TEXTURE/TONE (FINE LINES, SKIN LAXITY)
  - FRACTIONATED ABLATIVE LASER
- SKIN FIRMING/SCULPTING
  - ULTHERAPY
  - COOLSCUPTING

Photofacials

- Target redness, areas of pigmentation to even skin tone, correct discoloration
- Downtime is minimal (redness may last 1-2 days)
- 3-6 treatments is typical
- Not recommended while skin is tan or in summer months

Fractionated laser

- Improves appearance of fine lines, skin tone
- Ablates skin in tiny micro-columns and new skin is regenerated which enhances collagen production and has a firming effect
- 4-5 days of downtime typical
- 2-3 treatments usually needed

Ultherapy

- The only non-invasive procedure FDA-cleared to lift skin on the neck, under the chin and on the eyebrow.

Before After 180 Days

Before After 90 Days

- The Ultherapy® procedure stimulates collagen production via ultrasound energy to the skin's foundational layer
- Ultimate results will take place over 2-3 months, as your body naturally regenerates collagen

COOLSCULTPING

- Controlled cooling targets fat cells underneath the skin.
- Treated fat cells are crystalized (frozen), then die.
- Over time, your body naturally eliminates these dead cells
- Stubborn fat deposits resistant to diet/exercise
- Little to no downtime
- Results peak 3-6 months after treatment

TAKE HOME POINTS

- PREVENTION IS KEY
- UNDERSTANDING THE SCIENCE OF AGING ALLOWS US TO PERFECT THE ART OF ANTI-AGING TREATMENTS.
- THINK IN 3D: AN OPTIMAL ANTI-AGING STRATEGY ADDRESSES STRUCTURE, SUBSTANCE, AND SURFACE CHANGES.
- ESTABLISH ANTI-AGING GOALS ACCORDING TO YOUR OWN PRIORITIES AND CONCERNS. **THERE IS NO SINGLE PERFECT UNIVERSAL PLAN**.
- LEARN ABOUT AVAILABLE OPTIONS AND WORK WITH YOUR PROVIDER TO TAILOR YOUR TREATMENT PLAN.

THANK YOU!