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Product of the Month: Sunforgettable SPF 30 Mineral Powder by Colorescience

Makeup and SPF to go! Brush on physical sun protection with this lightweight mineral powder with a barely-there feel that provides safe and non-irritating UVA and UVB protection.

Sunforgettable redefines traditional sun protection with innovative ingredients that won’t absorb into your skin. The water-resistant formula doesn’t look or feel like regular lotion saving you from that not-so-fun greasy feel. The self-dispensing powder brush makes sun defense simple - easy to apply and reapply throughout the day.

Sunforgettable comes in six great shades and can be applied to even the most sensitive skin. It won’t clog pores or irritate your skin. This summer makeup must-have even gets the seal of approval from The Skin Cancer Foundation!

10% off through the end of May!

May is Skin Cancer Awareness
Month

Skin cancer is one of the most common types of cancer, with over one million people diagnosed each year. It is also one of the more preventable types of cancer. Here at Miami Plastic Surgery, we feel it is our duty to arm you with the best advice when it comes to making decisions regarding your health and safety. Check out these top tips from the Skin Cancer Foundation:

- Avoid tanning and UV tanning booths.
- Use sunscreen with an SPF of 15 or higher every day.
- Apply 1 ounce of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Examine your skin head to toe every month.
- See your physician every year for a professional skin exam.

With the sunny summer months ahead, you'll want to make sure you're protected by stocking up on extra sunscreen!

**Now through the end of May, MPS will be offering 15% off all sunscreens!**

More Men Going Under the Knife

Cosmetic surgery has been something of a "woman's thing" for many years but that's no longer the case with more and more men looking to turn back the clock.

According to the American Society of Plastic Surgery (ASPS), men underwent more than 1.1 million cosmetic procedures, both minimally-invasive and surgical, in 2010. This represents a two percent increase from 2009, including a 14 percent

May 4th is Fraxel Day!

Fraxel is a revolutionary, non-invasive laser treatment that helps remove years from your appearance and helps you regain a more youthful look.

Whether you have sun damage, wrinkles, or other signs of aging, Fraxel treatment delivers remarkable results with fast recovery.

To learn more about Fraxel or schedule your appointment, call 1-800-555-5555.
increase in male facelifts and seven percent increase in male liposuction.

Many credit this rising trend to society's increasing approval of cosmetic surgery. It is no longer a taboo to admit to cosmetic enhancements. For many men, a youthful appearance is considered essential to stay competitive in the work force.

We've been saying it for years- there's nothing wrong with wanting to look good to feel good!

Q & A with Dr. Wolf

Q: I recently signed up for one of those daily deal email programs and have seen some incredible prices for BOTOX injections. I've been doing my BOTOX injections with you for a couple of years now, and love the results, but must admit, these prices are quite tempting...

A: I'll be the first to admit that I appreciate a good deal, but you have to ask yourself this "What's more important - a 'good deal' or good result?"

The only doctors you should want injecting you with BOTOX are facial plastic surgeons, plastic surgeons and dermatologists, who have an extensive understanding of the full range of cosmetic procedures available and have spent years perfecting their technique.

In recent years, many non-specializing physicians have decided to "become experts" in the art of cosmetic enhancements. Their knowledge of injectable treatments and such is usually achieved through a short, crash course or seminar. Let me put it to you this way- would you trust me performing open heart surgery on you if I told you I took a couple of classes?

At the end of the day, most facial plastic surgeons, plastic...
surgeons and dermatologists acquire new patients by word of mouth referrals from previous, satisfied patients. What does this tell you about the daily deal doctor trying to attract new patients by drastically reducing the cost?

If you would like to schedule a consultation with Dr. Wolf, please call us at 305.595.2969. You can also visit our website at www.miamiplasticsurgery.com.

**Breast Augmentation Through Fat Transfer Can Skew Mammograms**

A new study shows that breast augmentation procedures in which fat from the patient’s body is transferred to the breasts can cause false suspicion of breast cancer. The fat injected into the breasts can form cysts or areas of irregularity that show up on follow-up mammograms thus requiring unnecessary and costly investigation to rule out cancer.

The study, led by Dr. Cong-Feng Wang from Meitan General Hospital in Beijing, looked at the records of 48 women who underwent breast augmentation through fat grafting between 1999 and 2009. Follow-up mammograms in eight of these women showed “clustered microcalcifications” that were regarded as highly suspicious for breast cancer. The abnormalities prompted biopsies, but none revealed breast cancer.

The use of injected fat for breast augmentation has had a long history of debate dating back to the 1980’s. Studies’ conflicting results highlight the need for extreme caution and further research.

**Employee Spotlight: Kelley Nathan**

Kelley Nathan might be new to Miami Plastic Surgery, but she is no stranger to skin care. A native of Ohio, Kelley is a licensed aesthetician with more than 18 years of experience. She is an expert in providing a thorough assessment of all skin types and

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A fun fact? Dr. Taylor’s dream job would be to be an animal photographer for National Geographic!

*We love having Dr. Taylor as a part of our team and look forward to many more years with him!*

**MPS will be at the Empowered Woman Success Summit & Expo May 19 & 20!**

Join us! Register at: www.empoweredwoman.info

**Skincare Saturdays in May**

MPS will be offering skincare appointments on Saturday, May 14 with Ana from 9:00 a.m. to 1:00 p.m.
customizes each patient’s individual skin care plan. Ongoing training is a regular part of Kelley’s continuing education which allows her to stay on top of the latest and greatest in skincare techniques.

This skincare specialist with a flawless face shares with us some of her tips and tricks...

Favorite treatment? "Dermaplaning, a type of facial exfoliation, especially when it is followed by a peel. The result is a major improvement in skin quality and texture that you can both see and feel."

Product Must-Have? "Journee by Neocutis. I love it! It covers all the skin care requirements—sunscreen, anti-aging ingredients, moisturizer—all in one pump!"

Beauty secret? "Always remember to moisturize the neck as well as behind the ears! That area is often neglected and can become very, very dry and inflamed."

A highly trained and experienced aesthetician is not easy to come by, which is why we’re so lucky to have Kelley as a part of our team! Trust us, you are in very skilled and confident hands with Kelley!

**The 10 Commandments of Anti-Aging**

Thou shalt be kind to your skin! Allure Magazine breaks down the top ten rules to live by for younger-looking skin.

1. **Wear sunscreen**—and not just at the beach.
   Rain or shine, sleet or snow.

2. **Quit smoking.**

3. **Use a retinoid.**
   Retinoids slow down the clock by minimizing the appearance of age spots and fine lines and preventing new ones from...
4. Stay hydrated.
No Starbucks doesn't count. Water, water, water.

5. Sleep well.
Sleeping Beauty was on to something. Your skin requires some R & R to repair itself.

6. Maintain a healthy weight.
Skin elasticity doesn't last forever.

7. Eat right.
It's not a diet, it's a lifestyle.

8. Get moving.
Off the couch and into your sneakers.

9. Try to relax.
Yoga, meditation, whatever works.

10. Don't pick.
I know it's tempting but don't do it!