

LOOK YOUR BEST AT ANY AGE **AS SEEN IN MIMI VANDERHAVEN**

# Sun damage and age spots

by **MimiVanderhaven**

**M**imi: Mimi's cousin, Mona, has noticed the arrival of some unpleasant spots on her face and hands. What are they?

**Dr. Stefanie:** Those flat, brown or gray spots are called solar lentigos and they are caused by sun damage. Sun damage is cumulative, so the older we get the more likely we are to have had enough sun damage to cause those unsightly spots.



**Mimi: Can she remove them?**

**Dr. Stefanie Christian**

**Dr. Stefanie:** Science has

developed new treatments which are able to renew and improve our skin by removing age spots. These treatments are highly effective at reducing or removing the dark spots on the skin. And if we remain out of the sun, they do not have to come back. Some options include: medication, cryotherapy, dermabrasion, chemical peels and laser therapy. I can help her decide which treatment is best for her skin.

**Mimi: Do you have a preference?**

**Dr. Stefanie:** I prefer IPL (Intense Pulsed Light) Photorejuvenation. IPL is a quick, safe, and innovative way to remove sun and age spots from your face, neck, shoulders, chest, back, arms and hands without gel or anesthetic cream. The signs of sun damage will flake off after two or three treatments, leaving clear, younger looking skin.

At *Timeless Laser & Skin Care*, we have an IPL system that is exceptionally effective at treating brown pigment from sun damage at a much more comfortable energy level than many other laser machines on the market.

**Mimi: How long does treatment typically take?**

**Dr. Stefanie:** The actual IPL treatment will only take a few minutes. And, since there is no need to apply gel or any topical anesthetic, your total appointment time can easily fit into your lunch hour.

**Mimi: You may want to pencil Mimi in for an hour, too. Just so she can offer Mona some moral support.**

**Dr. Stefanie:** (laughing) Of course. I'm sure she'd appreciate that.

*Timeless Laser and Skin Care has two offices: one in Bay Village and one in Westlake. Find out more when you visit the website at [www.TimelessLaserSkin.com](http://www.TimelessLaserSkin.com). Call 800-710-3839 to schedule a consultation with Dr. Stefanie Christian and find out if IPL is right for you.* 00173572