

The Associates in Medical & Cosmetic Dermatology: Where Beauty is More Than Skin Deep

By Monica Muehsam

Photography by Kelly O'Keefe



Above: One of the top dermatology practices in our area, the Associates in Medical & Cosmetic Dermatology, P.C. (AMCD), is on the cutting edge of the latest products, procedures and treatments for a variety of cosmetic and medical dermatology concerns. Pictured left to right are doctors Kari W. Boucher, Lisa W. Hostetler and Robin B. Scheiner

Summer may be over, but we all know that nurturing our skin should be a year-round endeavor. Of course, for those of us who slathered ourselves in baby oil to sunbathe for hours on end during those endless summers of our youth, the current knowledge about harmful UV rays and the hole in the ozone layer may be decades too late: the damage is already done. Luckily there is now a range of cosmetic dermatological services available to help treat the myriad skin issues that we face, and to repair some of the results of our transgressions.

One of the top dermatology practices in our area, the Associates in Medical & Cosmetic Dermatology, P.C. (AMCD), is on the cutting edge of the latest products, procedures and treatments for a variety of cosmetic and medical dermatology concerns. Its first office opened in August of 1990 in Havertown, with a second office opening in Jenersville just months later. The Havertown office moved to Drexel Hill, then to its current location in Springfield. Both moves were to accommodate their growth. Dr. Robin B. Scheiner founded AMCD, initially offering general dermatology services, both medical and cosmetic. In 1994, Dr. Lisa W. Hostetler joined Scheiner as her first associate, and the two doctors got along right from the start. "We had the same philosophy about our work," Scheiner states. Dr. Kari W. Boucher came to the practice in 2001, and along with their team of four physician assistants, they provide skillful and empathetic care to their growing roster of patients.

Although many people think of dermatology as basic acne management, the reality is about sixty percent of AMCD's practice deals with medical skin problems, including the three types of skin cancers. As one might expect, the doctors have seen a dramatic increase in the number of melanomas, the most serious type of skin cancer, over the

last ten years. "I see probably one melanoma a week," Scheiner states. Even more alarming is the fact that they are finding these melanomas on younger and younger patients. The most effective skin cancer prevention, the doctors say, is to avoid prolonged exposure to the sun. Applying one ounce of sunscreen with a minimum SPF 15 every two hours is recommended for protection from the sun's harmful rays.

The range of cosmetic dermatological services offered by AMCD is impressive. The four most popular procedures they perform are sclerotherapy, a method of treating spider veins by injection; laser treatment of enlarged blood vessels, age spots and wrinkles; Botox, a treatment which relaxes the muscles which cause the lines between the brows; and fillers such as Restylane, Hylaform and Sculptra, which restore volume and fullness to the skin to correct facial wrinkles and folds.

AMCD also offers the services of two fully licensed aestheticians, one at each office, who can develop an affordable plan to help patients achieve healthier skin and a more vibrant look. Available services include deep pore cleansing, corrective facials, chemical peels, microdermabrasion and laser-assisted hair reduction. They also recently introduced a relatively new treatment, macrodermabrasion. "Not too many dermatology offices offer this treatment," Boucher states. "We have found that it has been very effective on

continued on page 66