

The Aesthetician: Master of Skin Care

AMCD Aestheticians Charlotte Gallagher and Joanna Pinkerton each took a different route to their chosen profession, but each has ended up exactly where they want to be. "I love what I do," says Charlotte Gallagher. "My work is all about making people look good and feel good about themselves. There could be no more rewarding job than that for me."

Joanna Pinkerton agrees. "Many of the treatments we perform create really amazing transformations in a patient's skin and overall appearance," she explains. "It is very gratifying to be part of that experience."

An aesthetician is a trained specialist in the care and treatment of skin on the face and the body. It is a licensed profession that requires approximately 300 hours of training prior to being able to work in the field. As aestheticians in a dermatology practice working under the tutelage of three board-certified physicians, Charlotte and Joanna's job is an equal balance of medical and beauty treatments. "You can find aestheticians in other types of businesses, but for me, the ability to work in a medical practice under

such talented dermatologists as Drs. Scheiner, Hostetler and Boucher is a real honor," says Charlotte. "I have the opportunity to continue learning and growing in my profession and provide even greater value to my patients."



AMCD Aestheticians Charlotte Gallagher (left) and Joanna Pinkerton (right).

Both Charlotte and Joanna come from a medical background (see sidebar) - Charlotte as a registered nurse and Joanna as an emergency medical technician. Both were drawn to the aesthetician career by their own personal interest in skin care.

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Unsightly Leg Veins Can be a Thing of the Past

*Winter is a great time to consider treatment
for spider and varicose veins*



The winter months are often a welcome reprieve for those who suffer from unsightly veins on their legs. Instead of just covering them up, now is the time to consider clearing them up by taking advantage of the latest advances in sclerotherapy and laser treatments.

Bothersome leg veins affect more than 40 percent of women and 15 percent of men in the United States. The most common vein conditions are **spider veins** and **varicose veins**. Here is a description of each category and the options available to treat them.

Spider Veins are small, dilated blood vessels that appear red or blue under the skin. They may be in short, unconnected lines each about the size of a hair, or connected in a matted, "sunburst" pattern. While spider veins typically appear on the legs, they can also appear on the face or elsewhere.

Varicose Veins are enlarged blood vessels that appear blue and bulging under the skin. These veins occur from the backward flow of blood in the legs caused by damaged or diseased valves in the veins. Varicose veins are typically larger and cause more discomfort than spider veins. In the majority of cases,

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Kari Boucher, MD

A native of Boston, Massachusetts, Dr. Kari Boucher comes from a long line of physicians, going back several generations. She fondly remembers her grandfather who was a quintessential “country doctor” in rural Wisconsin during the 1940's, when the state was still populated mostly with dairy farms. “I remember his stories about delivering babies and performing emergency appendectomies in the homes of some of his patients,” recalls Dr. Boucher. “He was a big part of my inspiration to become a doctor.”

Dr. Boucher’s interest in the field of dermatology was influenced by her personal experience as a patient. “I saw a dermatologist for years as a child and he was just a wonderful physician,” she says. “I was so impressed with his practice, his warm bedside manner and the positive effect he had on my life, that I decided I wanted to enter the profession myself.”

An outstanding student, Dr. Boucher followed in her mother's and grandmother's footsteps by entering Wellesley College where she earned her Bachelor of Arts in Psychology and Economics. For two years after college, she performed both technical and clinical research at Harvard University School of Medicine. She then entered Hahnemann University School of Medicine, and received the Award for

Excellence in Dermatology upon graduation.


Dr. Boucher served her year of medical internship


at Abington Memorial Hospital, and completed her dermatology residency at Robert Wood Johnson Medical School, where she served as Chief Resident. She became a board certified member of the American Academy of Dermatology and joined Drs. Scheiner and Hostetler soon afterward.

Growing up in a family of physicians, Dr. Boucher was inspired to follow their path into the field of dermatology.

“What I feel most passionate about in my profession is the diagnosis and treatment of skin cancers. It is gratifying to find a lesion in its early stages, and be in a position to prevent a disfiguring, or possibly life threatening illness,” says Dr. Boucher. “The rise in skin cancer right now, especially among young people, is very disturbing. There is a strong sense of urgency in the medical community to stop this trend through better and more aggressive consumer education.”

Dr. Boucher is quick to point out that being cautious about skin cancer does not mean forgoing the fun and excitement of the great outdoors. “I enjoy the outdoors, having grown up in a family that still hikes up in the mountain ranges of Maine, New Hampshire, and Vermont,” says Dr. Boucher. “My husband and I kayak on the Brandywine River and off the coast of Long Beach Island as often as we can. So, I am the last person who would tell patients that they need to stay indoors.” Instead, she urges patients to wear protective clothing and continually apply a high SPF sunscreen throughout the day, even during the winter months.

Among Dr. Boucher's favorite winter sports is ice skating. As a child, she participated in ice skating competitions throughout New England and still skates, both indoors and out, for fun and relaxation. These days, however, her athletic activities are a little more subdued since the birth of her two children, Brady, age 3 and Chloe, age one and a half. “We still enjoy hiking as a family in Ridley Creek State Park, for example,” Dr. Boucher says. “But you can tell we’re a dermatologist’s family, because we’re the ones covered with hats, sun protective clothing, and sunscreen from head to toe!” As she carries on the traditions of her family and their devotion to the field of medicine, there is no doubt that her grandfather would be proud. 



Dr. Boucher skated competitively as a child and still enjoys it as a hobby today.

PhotoRejuvenation:

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It is one of the most commonly performed cosmetic procedures in North America, yet few people have heard of it. It is called PhotoRejuvenation and it is one of the beauty secrets that the “rich and famous” have kept to themselves. Until now.

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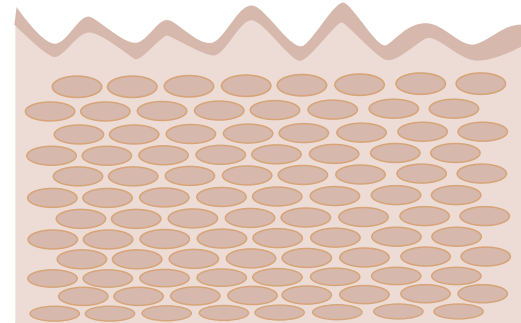
The FotoFacialRF® was developed by a dermatologist and plastic surgeon who were both looking for alternatives to traditional laser treatments. While effective, laser treatments are more invasive and require more down time than some patients are willing or able to give. The FotoFacialRF® allows patients to re-apply make-up and return to their normal routines immediately after treatment. And the results over time can be just as effective as laser treatments.

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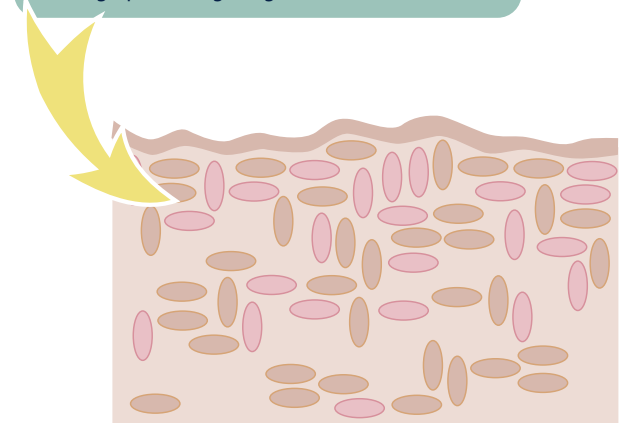
The area being treated (face, chest, hands or arms) is covered with a thin layer of cooling gel. The FotoFacialRF® hand-held device is then applied by the clinician to the area, releasing a gentle pulse of light and radio frequency energy. Each treatment takes about 30 minutes. For maximum results, it is recommended that patients have five treatments with an interval of three weeks in between each treatment. In certain skin types, a macrodermabrasion is recommended during the course of treatment to enhance the penetration of light and radio frequency energy.

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- Fine wrinkles and skin laxity

“The advancements in the field have been very exciting,” explains Joanna. “It is great to discover new technologies or products and introduce them to our patients. It keeps my job very exciting.”

Besides their extensive training and experience, Charlotte and Joanna both bring a warm enthusiasm to their jobs that accounts for their loyal following of satisfied patients. AMCD is proud to have them as members of their staff of skin care professionals. 📷

More About... Charlotte Gallagher

Background:

- Graduate of Bryn Mawr Hospital School of Nursing
- Practiced as a registered nurse for 27 years
- Became licensed as an aesthetician in 2004
- Member of AMCD team since 2002

Personal:

- Married; four grown children
- Hobbies include golf and enjoying “life after kids” with husband, Denny



More About... Joanna Pinkerton

Background:

- Graduate of Thomas Jefferson Hospital, EMT Certification Program
- Attended Venus Beauty Academy for aesthetician training
- Became licensed as an aesthetician in 1999
- Member of AMCD team since 2006

Personal:

- Married for one year
- Interests include painting (received scholarship to the Art Institute of Philadelphia for painting); special occasion make-up
- Trains therapy dogs to work with disabled or rehabilitating patients
- Participates in numerous charity dog walks, including the Red Cross Dog Walk and Paws with a Cause Dog Walk, benefiting the Linda Creed Breast Cancer Foundation.



It is the Season for... Moisturizing Facials

The winter months disrupt the balance of moisture in the skin, both indoors and outdoors. The cold, dry weather outdoors can leave our skin chapped and flaky. And indoors, ongoing exposure to the drying effects of home heating systems can be almost as bad.

Give your skin a well deserved retreat with a Moisturizing Facial from one of our aestheticians. The basic facial includes deep cleaning, steaming, exfoliating, skin analysis and massage, followed by a specialized masque (designed specifically for your skin type and current condition) to add back essential moisture. One example is the **Rejuvenating Masque**, with Hyaluronic Acid, which attracts and binds up to 1,800 times its molecular weight in water. The result is instantly improved texture and immediate “plumping” which will diminish wrinkles and give your skin a healthy, vital glow. It will feel like a summer vacation for your face!

these leg markings can be unsightly and may be associated with symptoms such as swelling, cramping, aching, throbbing and fatigue of the legs and feet.

Treatment Options

Sclerotherapy is a highly popular and effective treatment for both spider and varicose veins. Sclerotherapy involves injecting a solution into the veins that causes the inside of the veins to become irritated and collapse. While results will begin to show after the first couple treatments, usually 4 to 6 treatments are required to achieve maximum resolution. During the course of treatment, medical grade support hose is sometimes recommended to be worn for about 3 days following each injection. Some patients experience temporary bruising and/or a brownish discoloration; other side effects are minimal. Treatments are done on a monthly basis until the desired results are achieved.

Laser treatment is used to treat spider veins that are too small to inject or when the veins are “mat-like” - a fine network of tiny vessels that are difficult to inject with sclerotherapy. Our practice utilizes the **Polaris LV eĽos** technology, which is a combination of laser light and bi-polar electrical energy. In treatment the laser is aimed at the veins and pulsed for several seconds. The laser light is absorbed by hemoglobin in the blood stream thereby heating the inner vein surface that causes the vein to collapse. The vein turns darker in color after treatment and fades over about 4 to 6 weeks. Depending on the number and size of the veins requiring treatment, multiple treatment sessions are usually required. A treatment session is usually 10-15 minutes long, and is performed at one- to two-month intervals to allow the damaged blood vessels to be cleared away by the body's immune system.

Often, a combination of sclerotherapy and laser treatment is used, particularly for smaller varicose veins, or patches of spider veins that have both small and larger vessels.

Patients with large, painful “ropey” varicose veins are typically referred to a **Vascular Surgeon or Interventional Radiologist** for evaluation and treatment. Once the larger veins are treated surgically, smaller veins can be handled through a combination of sclerotherapy and laser treatment.

After Treatment...

Overall, most people enjoy a long period of remission after successful leg vein treatment, and can maintain the appearance of their legs with only occasional maintenance treatments.

Yet while dermatologists can treat existing leg veins, they cannot prevent the body from forming new ones. Individuals with a tendency to develop leg veins should avoid standing for long periods, wear support hose for varicose veins and exercise regularly to tone the calf muscles, which helps propel the blood back to the heart and avoid pooling in the lower legs.

It's important to keep in mind that treatment of vein conditions is typically considered cosmetic and is therefore, normally not covered by insurance. For many patients, however, the benefits of treatment far outweigh the cost. “Dealing with unsightly leg veins can be very distressing, especially during the warmer months when your legs are normally exposed,” explains Dr. Robin Scheiner. “This is the perfect time for patients to consider treatment so they are ready for the warm weather ahead.” 🌞

Schedule a consultation today and get those shorts ready!



New DVD Presentation Educates Patients

Check out the new DVD presentation that will be appearing soon in an AMCD reception area near you! It provides a broad overview of AMCD's extensive list of medical and cosmetic dermatology treatments. The program was developed to help educate patients about the range of treatment options that are available from the practice in a format that is simple and easy to comprehend. Let us know your thoughts.



AMCD is unveiling a new DVD presentation which outlines its broad range of cosmetic and medical dermatology treatments for its patients. It will be shown in the reception area of both offices.



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