

HEALTH: STATE-OF-THE-ART, HI-TECH ANTI-AGING OPTIONS

SARATOGA SPRINGS PLASTIC SURGERY

Story by Patricia Older, photos provided and by MarkBolles.com

As the Baby Boomer generation begins to age, they take the aging process a lot differently than their parents did. They are a lot more active, live a lot longer and face life with a younger perspective. It is said the 50s are the new 30s. This is also holding true for the generations that follow, with people living longer, more active and better lives.

Unfortunately, no matter what preventative measures we take to look as youthful as we feel, such as healthy lifestyle choices, proper skin care and exercise, genes and gravity begin to take hold and fine lines, puffy jawlines and sagging eyelids become a fact of life.

Dr. Steven Yarinsky is taking the art of helping area residents look and feel younger into the hi-tech realm, offering them state-of-the-art choices that are less invasive and with better results.

"There are three things we offer that are new and innovative," said Dr. Yarinsky, noting that one of the latest procedures is a laser treatment called Excel V, a new approach to treating unsightly facial and leg veins.

"It is a state-of-the-art new laser designed for treating rosacea, redness of the face, scars and veins in the face and legs," continued Dr. Yarinsky, adding that in the past, treatments for those conditions could cause bruising and downtime. "This treatment, on the other hand, targets the blood cells in the vessel and heats them causing them to collapse. The body eventually absorbs the vessels."

Noting that in many cases, treatment can be accomplished in only one visit, Dr. Yarinsky said the treatment proved to be successful for a number of concerns including spider veins, rosacea and liver spots.

"It has minimal, if any effect to overlying skin," said Dr. Yarinsky. "In the past, the treatment [for those conditions] could cause the veins to burst and it would make you look like you have been beat up. This one treatment zaps them and they go away."

Cost for the procedure, explained Dr. Yarinsky, can range from \$200 to around \$1,000, depending on how large of an area is treated.

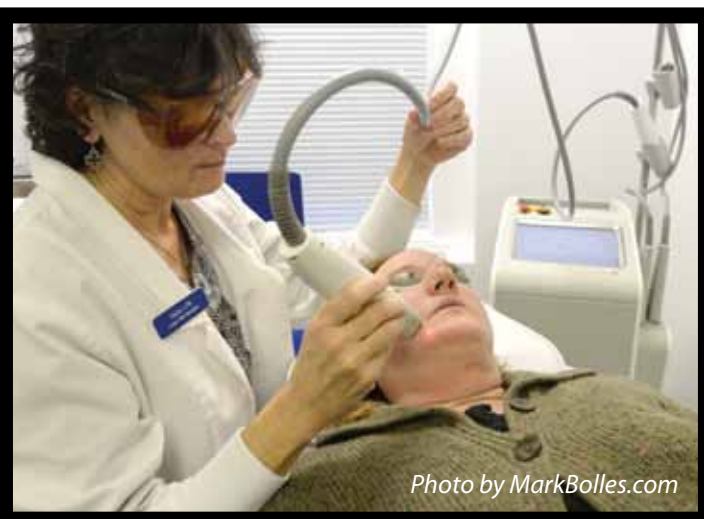
The next hi-tech procedure he is proud to offer, said Dr. Yarinsky, is Ultherapy.

"It is ultrasound therapy which targets the face and neck," said Dr. Yarinsky. "And there is no anesthesia necessary."

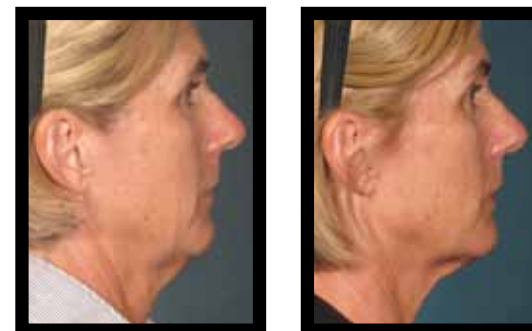
"As we age, with the stretching of the collagen and gravity, everything starts sagging," he continued. "This ultrasound energy focuses beneath the skin and destroys old collagen and the body produces fresher, tighter collagen to take its place. This lifts, tones and tightens the skin of your forehead, cheeks and neck."



Above: Ultherapy Technician, Christina doing a treatment.
Below: Laser Technician and Nurse, Sally, doing an Excel V treatment.



Stressing that the treatment is not an immediate fix—"it usually takes six months to a year for the ultimate results to be seen"—Dr. Yarinsky said it is FDA approved for safety and effectiveness as a non-invasive procedure for elevating the skin of the face and neck.



BEFORE & AFTER USING ULTHERAPY



"It is not a facelift, but Ultherapy does lifting and toning of sagging skin," said Dr. Yarinsky. "It is an ideal treatment for 30 to 50 year olds with early signs of aging, but can treat anyone from their twenties to their seventies. Patients are real happy with the results."

Cost for the Ultherapy treatment ranges from about \$1,000 to \$4,000, depending on the patient's needs.

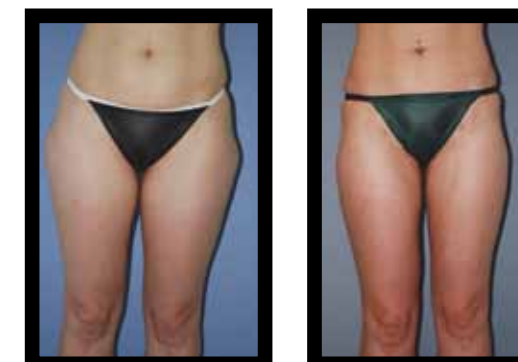
Last, but not least, said Dr. Yarinsky, is LipoPerfection Liposuction.

Using ultrasound technology, LipoPerfection Liposuction, said Dr. Yarinsky, is "kind of like shrink wrapping the skin in the targeted areas." While LipoPerfection Liposuction is not a weight loss technique for treating obesity, if you have excess fat that is resistant to diet and exercise and you are no more than 20 to 30 pounds above your ideal weight

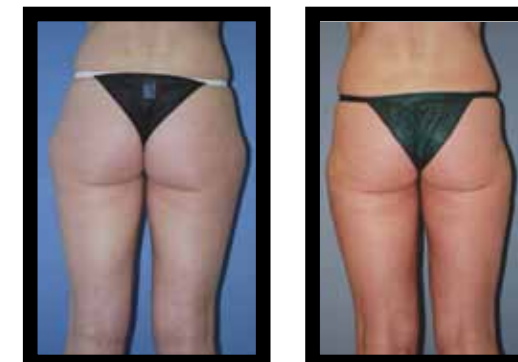
for your height, it is the perfect treatment for shaping targeted areas of the body.

Commonly treated areas include, among others, the face, abdomen, thighs, hips and mens' chests.

As one of only 15 plastic surgeons nationwide using this procedure, Dr. Yarinsky said it is one of the best treatments for people who are looking to remove unwanted fat deposits which are resistant and get the body countour or shape they desire.



BEFORE & AFTER USING LIPOPERFECTION



"This new treatment allows me to get a better result," said Dr. Yarinsky. "It adds an extra step [as opposed to traditional liposuction] but the results are outstanding."



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