

The largest dedicated cosmetic laser center in the world

Gateway Aesthetic

MAGAZINE

Fall/Winter 2007-08



One Amazing Procedure

Take 20 years off with laser skin resurfacing

New Smartlipo!

Immediate, dramatic and permanent results

More Men Say 'Yes'

Procedures up 722% since 1997



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In the Media |

Scar Revision with Inna Prokopenko

“They have done more for me than I can ever possibly explain.”

During the past year, Gateway Aesthetic Institute providers have been featured as keynote speakers at cosmetic laser and medical conferences worldwide. From Paris, France to Sydney, Australia, our experts have been educating industry and media professionals about new and extraordinary procedures.

One procedure of particular interest garnered local airtime on Good Things Utah as it highlighted Gateway Aesthetic client MaryAnn Gerber, a melanoma cancer survivor. (Though melanoma, a malignant form of skin cancer, represents only 3% of all skin cancers, it has the highest death rate and is the most likely to metastasize or spread.)

You can imagine MaryAnn's relief when her cancer was detected and treated early.

In our discussions with MaryAnn, however, she said she wasn't prepared for the emotional aftermath that would follow the destructive cancer. Though she

successfully battled the disease, MaryAnn was left with damaging scars on her face and neck.

Excerpts from her poignant interview follow.

Tell us about your experience with skin cancer.

“I was diagnosed with melanoma skin cancer at the age of 24. I had a tiny mole on my left cheek that was about the size of a pencil eraser. The melanoma was in a stage IV so not only did doctors have to remove the melanoma, but they also had to remove all the lymph nodes out of the left side of my neck.”

Once the surgery was over and you were left with the scars, what were your thoughts?

“I was ashamed and embarrassed. I didn't want to go outside. I didn't want anyone to see me. I would try to hide my face with my hair. I hated the way I looked. I hated the way I felt about my looks. It was the most uncomfortable feeling I've ever experienced.”





How did you find out about our treatments that help to reduce the appearance of scars?

“I had gone to many doctors seeking any kind of treatment that would help. All the doctors said they would need to do another surgery to minimize the scars. However, I didn’t understand how doing another surgery would make a scar better. I was so depressed and disappointed. I thought I would forever look as awful as I felt.

“Then one of my best friends, who is a patient at Gateway Aesthetic Institute, introduced me to Inna Prokopenko, R.N. She told me that Inna was amazing and that she could help. It was the first time in over a year I had a glimmer of hope again.”

Talk about your results. Were they gradual?

“It was amazing. Within a few days of each treatment, the bruises would fade and the scars would become less visible. The redness was also fading as the scar tissue was starting to smooth. I was so excited for every treatment because I couldn’t wait to see what kind of changes would happen.”

When you started to see results, how did you feel?

“Within about six months I noticed that I was becoming less sensitive about my looks. I was slowly gaining confidence again. The first day I felt ‘normal’ was when Inna took the post picture of my treatments and put it next to the pre picture. I started to cry. I was a normal person again. It was the best feeling.”

It’s been about a year now. Is there anything else you’ve noticed?

“My friends and family always tell me how beautiful I am. For the first time in two years, I really do believe them.

“I finally feel like myself again. I’m confident in my looks and I don’t try to cover my face anymore. I wear my scars now with pride instead of shame. It was a battle that I won and now I am a survivor instead of a victim.

“I love Gateway Aesthetics. I love Inna. They have done more for me than I can ever possibly explain. I can’t imagine where I would be today if I hadn’t found them and they hadn’t had the technology that has helped me in so many ways. I am so grateful to them for everything.” ©



You Won't Believe Your Eyes | High Tech Eyelid Solutions That Work

A poet once said, "Eyes are the window to the soul." What the poet forgot to add was that the eyes are also typically the first area that begins to show signs of premature aging.

At the Gateway Aesthetic Institute & Laser Center, calls are received every day from people primarily concerned about their eyes. The problems vary: wrinkling, baggy upper or lower eyelids, hollow tear troughs or dark circles. The good news is that with today's modern technology, help is just a phone call away.

To best understand the solutions, however, let's look at a few areas of common concern.

Wrinkles: As we age, the delicate skin surrounding our eyes begins to show signs of environmental damage and genetic inheritance. Whether we like it or not, wrinkling around our eyes is inevitable.

Several treatment options are available to help soften or eliminate the damage. Depending upon the severity, Botox and fillers provide a popular remedy that offers immediate improvement with little or no down time. In more severe cases, more aggressive procedures, such as laser eyelid tightening or laser resurfacing, may be recommended to achieve maximum results.

Dark pigmentation: In addition to wrinkles, dark circles below or around the eyes may begin to appear or worsen with age and sun exposure. This condition can be inherited and is common in individuals with darker skin and in people with allergies. It may also occur following an injury or trauma.

Thankfully, dark pigmentation around the eyes is easily treated with simple laser procedures, bleaching creams, laser resurfacing or a combination of treatments.

Baggy or puffy lower eyelids: Hollow eyelid tear troughs or excessive lower eyelid fat pads can cause the lower eyelids to appear baggy or puffy. If the cause is a hollow tear trough, fillers such as Restylane or Juvederm, specially formulated for facial contouring, may be injected for safe, long lasting results. If excess fat pads are the culprit, a quick surgery, or blephoroplasty, is generally the best option. This difficult-to-pronounce name describes a simple procedure that is performed under local anesthesia in the comfort of our office using a surgical laser. It is a technique that Dr. Taylor has mastered, having performed over a thousand of these procedures in the last ten years.

Droopy upper eyelids: A similar surgical procedure is performed for clients expressing concern with upper eyelid skin laxity (droopy upper eyelids). In most cases, the trait is inherited and often makes a person appear older or gives a false impression of fatigue. In extreme cases, baggy or droopy upper eyelids can result in compromised vision.

Regardless of the severity, a laser helps to surgically remove excess skin while simultaneously tightening the upper eyelid. Dr. Taylor is renowned for his expertise, having developed a technique that offers accelerated results with less healing time.

No matter your concern—wrinkles, pigmentation, bagginess—we understand that a client's eye problems are as unique as our solutions. With the help of the Gateway Aesthetic Institute & Laser Center, younger looking eyes are just a phone call away.

(To see before and after photos of the mentioned procedures, please visit our website at www.GatewayLaserCenter.com.) ©



Providers Showcase |

Up Close and Personal

Gateway Aesthetic Institute & Laser Center continues to provide unmatched, customized care to our clients. As a worldwide recognized leader in the cosmetic dermatology and laser surgery field, Dr. Mark Taylor and his team of highly skilled providers are considered experts at the forefront of this industry. In fact, scores of physicians have traveled from all corners of the world to come to Salt Lake City and train with Gateway Aesthetic Institute & Laser Center providers Dr. Mark B. Taylor, Dr. Nancy Samolitis, Elisa Wilcox (PA-C) and Inna Prokopenko (R.N.). If you are new to the Gateway Aesthetic Institute, we would like to take the time to introduce you to our team of providers.

Mark B. Taylor, M.D., is a world-renowned, board-certified dermatologist and cosmetic laser surgeon who has been in practice for over thirty years. Since the origination of laser treatments for skin, Dr. Taylor has been a leader in the field of cosmetic laser surgery, pioneering and testing new lasers and laser techniques for many laser manufacturing companies. Dr. Taylor has been called to locations all over the world to speak to other physicians as an expert on new cosmetic dermatology and laser surgery procedures.

Dr. Taylor is also involved in medical philanthropy, a work that gives less-fortunate children a stepping stone toward a normal life. Dr. Taylor's Children's Birthmark Foundation has helped dozens of children nationwide to remove port wine stains and hemangiomas that could otherwise cause years of emotional pain.

Dr. Taylor is a dedicated husband and father of eight children. He is an outdoor sporting enthusiast and is actively involved in church and community affairs.

Nancy Samolitis, M.D., is a board-certified dermatologist and comes to the Gateway Aesthetic Institute & Laser Center from the University of Utah Hospital. After completing her dermatology residency, Dr. Samolitis spent a year in Utah as a visiting instructor practicing general and cosmetic dermatology. During that time, Dr. Samolitis also completed a research project on rosacea patients sponsored by the National Rosacea Society. Over the past four years, she has addressed several local and national dermatology conferences, including the American Academy of Dermatology. In addition, she has also written book chapters and published articles in nationally recognized dermatology journals.

Dr. Samolitis graduated *summa cum laude* with a bachelor's degree. She received her medical degree from the University of Kentucky, where she was recognized with honors from the Alpha Omega Alpha Medical Honor Society and Who's Who Among Students in American Universities. Dr. Samolitis is certified through the American Board of Dermatology and belongs to several professional organizations, including the





American Academy of Dermatology, the American Society for Dermatologic Surgery, and the American Academy of Cosmetic Surgery.

Dr. Samolitis enjoys skiing, hiking and mountain biking. She lives in Park City and spends her free time with her two Yorkshire terriers.

Elisa Wilcox, PA-C, has been working closely with Dr. Taylor since May of 2003. Elisa specializes in numerous cosmetic dermatology and aesthetic procedures including Botox injections, soft tissue augmentations, light facials, skin firming treatments, spider vein injections, acne treatments, laser hair removal, laser tattoo removal, and LipoDissolve treatments.

Originally from California, Elisa earned a bachelor's degree from Brigham Young University in microbiology and chemistry. She spent ten years working at Primary Children's Medical Center as a Medical Technologist. Elisa graduated from the University of Utah with a master's degree in Physician Assistant Studies and was awarded the Outstanding Leadership Award during her term.

In addition to making the Gateway Aesthetic Institute a pleasant place for clients and fellow employees, Elisa also enjoys spending time with her husband and four children. Gateway employees love to sample her tasty treats that she enjoys baking in her spare time. She is also an avid runner.



Inna Prokopenko, R.N., has a strong nursing background and her exceptional person-to-person skills make her a valuable asset at the Gateway Aesthetic Institute. She earned her nursing degree in 1993, and then worked for seven years in the Ukraine, her homeland, before coming to work with Dr. Taylor in April of 2001.



In addition to consistently offering comfort and professionalism to her Gateway clients, Inna continues to research and publish her studies to further her nursing expertise. Recently she completed and published two separate studies for laser manufacturers: "ND YAG vs. Radio Frequency (noninvasive skin tightening)" and "Photo Dynamic Therapy with Levulan and Omnilux LED." Inna was also recently named Clinical Nurse for Candela and Lumenis, laser companies that provide her name to physicians needing clinical advice for settings and treatments using their lasers.

Inna travels worldwide to gain additional skills and accreditations and to bring solid knowledge back to her patients at the Gateway Institute. She is respected for her meticulous care. Gateway patients trust her to listen and provide the customized care they desire. She specializes in all skin rejuvenation procedures, including filler, Botox, skin tightening, tattoo and hair removal, and LipoDissolve treatments.

When she finally goes home at night, Inna enjoys using her artistic abilities to oil paint and cook.

(Complete biographies are available on our website at www.GatewayLaserCenter.com.) ©

Laser Resurfacing | 20 Years Younger, a Single Procedure

A prospective client's biggest concern should be choosing a physician with experience and expertise...

Laser skin resurfacing is one of the most aggressive laser procedures available today to treat the signs of aging, including wrinkles, sun damage, uneven pigmentation, and scars. Also known as a laser peel, the procedure uses laser energy to brush away the outer layers of skin to reveal healthier, smoother, and younger looking skin beneath.

Considered by many to be the “gold star” treatment in fighting the effects of aging, laser skin resurfacing can leave your skin looking naturally vibrant and youthful, without the risks associated with a face lift.

Laser Resurfacing vs. Other Treatments

The question is often asked, why would I select laser skin resurfacing over a chemical peel, microdermabrasion, or other laser wrinkle treatment? Laser skin resurfacing is more aggressive. Laser resurfacing literally peels away or removes the top layers of skin in a process that smooths deep wrinkles, evens severe pigment, and lightens facial scarring and other skin imperfections that can't be treated effectively with other cosmetic procedures.


Typically, laser resurfacing is best suited for men and women who have deeper wrinkles or more complex skin pigment concerns, or for those who suffer from severe acne scarring. Because of the variety and complexity of skin conditions, Dr. Taylor uses a combination of several lasers in his treatments, including the Ultrapulse, CO2 Erbium, and Derma K.

Downtime and Healing

While the results can be dramatic, healing time after laser resurfacing is significantly greater than for less aggressive options, so you must plan accordingly. Expect at least two weeks of down time, during which a healing ointment is applied to protect the newly exposed skin. The area heals much like a sunburn, and proper care during recovery is important to avoid risks of scarring or unnatural healing. In the weeks following treatment, it is also critical to protect the newly-exposed skin from sun exposure until redness subsides and normal color returns.

Associated Risks

Laser resurfacing yields remarkable results, but like all types of surgery, it carries risk. A prospective client's biggest concern should be choosing a



physician with experience and expertise, someone with the ability to make critical decisions regarding treatment depth, accuracy, and the best combination of lasers suited for their individual need. If the treatment is performed improperly by an unqualified provider, serious side effects may result, including severe scarring, unnatural texture, uneven skin tone, and more.

Our Experience

At the Gateway Aesthetic Institute, the procedure is performed under local anesthesia in the comfortable setting of our in-office surgical suites. As a board-certified dermatologist with over 30 years of experience, Dr. Taylor has performed countless laser resurfacing treatments and is considered an expert in the field. He has trained physicians in the procedure worldwide. In fact, many of the clients Dr. Taylor treats are referred to him by leading physicians around the country.

Right for You?

Still wondering if it is worth it? That's a personal decision that should be made only after careful consideration of all the facts. However, many of our clients who have had the procedure are amazed with the results and feel like we've turned back the hands of time.

If you are interested in speaking with Dr. Taylor about whether laser resurfacing is right for you, call our office at 595-1600 and schedule a consultation today. (See Before & After Photos on page 10.)

Cont. from pg. 9 |

Laser Skin Resurfacing Before & After Photos



Before

After



Before

After



Before

After



Before

After

Not Just for Women |

Men Say Yes to Cosmetic Procedures

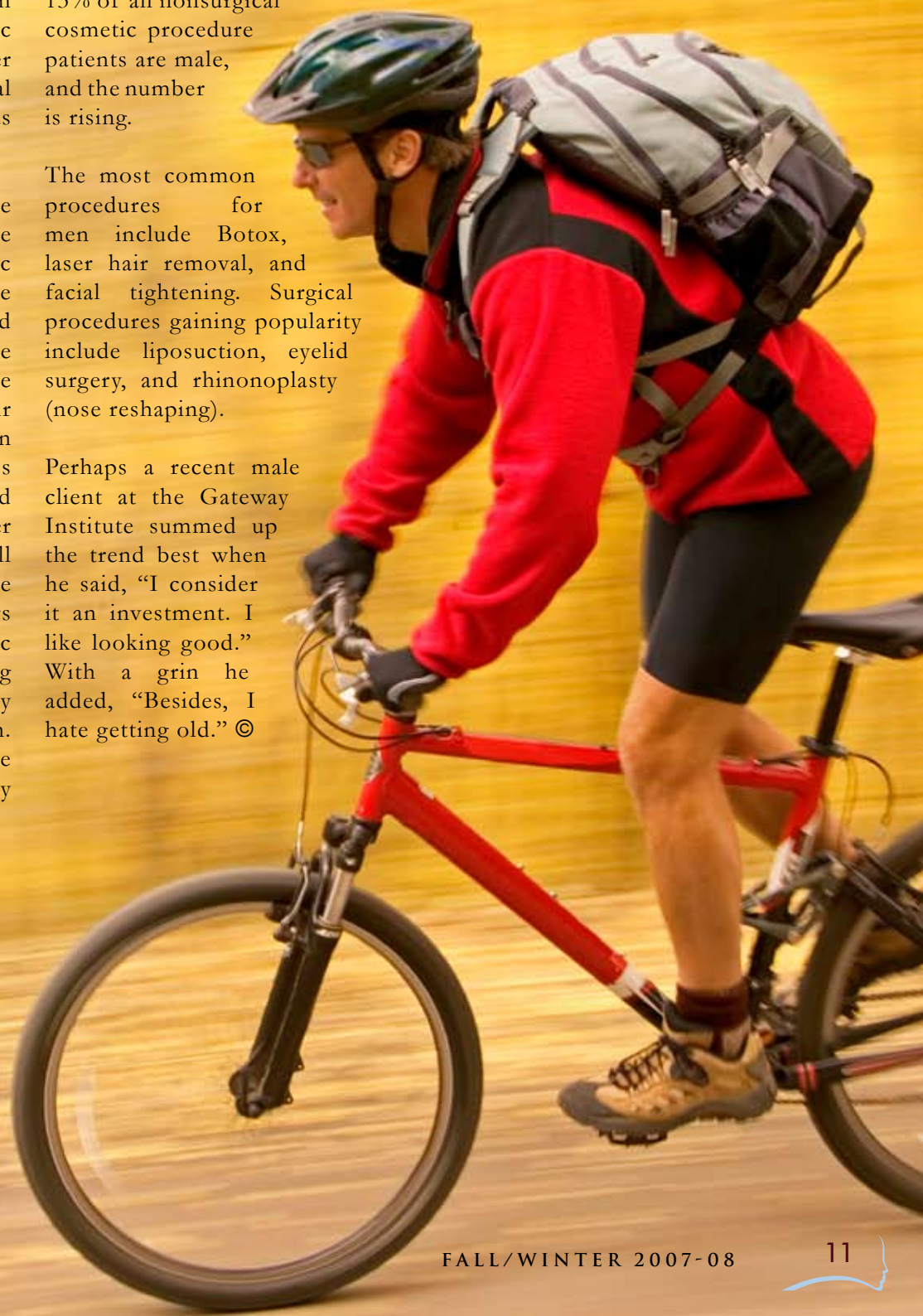
According to The American Society for Aesthetic Plastic Surgery (ASAPS), the number of men receiving nonsurgical cosmetic procedures has increased by 722% since 1997.

Opinions differ as to the reasons men are becoming more comfortable with cosmetic procedures. Some attribute the trend to our youth-oriented culture, claiming men are increasingly more comfortable admitting they care about their looks. Others have settled on the theory that as divorce rates climb, older men feel the need to gain a competitive edge over their younger counterparts. Still others suggest that because their significant female others are drinking from the cosmetic fountain of youth and seeing dramatic results, men are finally wanting a piece of the action. No matter how it's spun, the numbers don't lie. Currently

13% of all nonsurgical cosmetic procedure patients are male, and the number is rising.

The most common procedures for men include Botox, laser hair removal, and facial tightening. Surgical procedures gaining popularity include liposuction, eyelid surgery, and rhinoplasty (nose reshaping).

Perhaps a recent male client at the Gateway Institute summed up the trend best when he said, "I consider it an investment. I like looking good." With a grin he added, "Besides, I hate getting old." ©



More than great-looking skin | Board-Certified Dermatologists Treat All Conditions

The Gateway Aesthetic Institute & Laser Center isn't a medi-spa. At our facility, you won't find yourself frustrated with a "one size fits all" approach. Instead, our board-certified dermatologists and credentialed providers offer a full spectrum of dermatology, cosmetic and laser treatment services.

While many of the conditions we treat are seen frequently, others are not. Either way, you can rest assured you'll receive thorough and professional results.

Frequent Conditions

Spider veins aren't just unsightly, they can also be a sign of painful varicose veins. If you are one who always covers your legs to hide spider veins, no problem. Gateway Aesthetic Institute offers an effective treatment—sclerotherapy. What is sclerotherapy? A series of micro injections that cause the unwanted veins to collapse (a laser may also be used in addition to the injections). Then, once the veins collapse, the body begins to break them down and they soon dissolve. Interestingly, neither spider nor varicose veins are required for regular circulatory function. The body gets along just fine without them, making treatment

safe and effective. The best part about sclerotherapy—colder months are the perfect time to get started.

Unwanted hair can be a nuisance and anyone tired of shaving, plucking, waxing, or electrolysis should consider laser hair removal. While many spas or clinics offer laser hair removal, most use a single laser for all types of hair color and skin tone. At the Gateway Aesthetic Institute, we are the largest dedicated cosmetic laser center in the world, featuring over 30 state-of-the-art lasers. This means that when you select the Gateway Aesthetic Institute, you can be assured of better results in fewer visits.

Wrinkles are inevitable as the





At the Gateway Aesthetic Institute, we are the largest dedicated cosmetic laser center in the world...



keeping wrinkles is now optional. One of the safest cosmetic skin treatment procedures performed today to lighten wrinkles is Botox Cosmetic. Small injections into facial muscles cause them to relax, and associated wrinkles fade. While it's a routine procedure, successful Botox injections require skill, experience, and good judgment. Gateway Aesthetic Institute has over 10 years of experience administering Botox Cosmetic.

"Not So Frequent" Conditions

Rhinophyma is a skin disorder that typically afflicts white males between 40 and 60 years of age. It's a progressive disease that begins with facial redness, but develops into skin eruptions or nodules that result in an enlarged or deformed nose.

While the cause of rhinophyma is not certain, Gateway Aesthetic's board-certified dermatologists can treat the condition effectively using a medical laser.

Sebaceous hyperplasia is a disease that originates in the skin's oil glands and affects the face with small growths or papules (1-3 mm in size). The condition is not dangerous, but can cause concern to those

skin ages. However,

afflicted. Usually one laser session is sufficient to treat the problem.

Pigmented patches on the skin may occasionally result from allergic reactions to medications. Once thought to be permanent, such patches can be effectively removed or lightened with laser treatment.

Xanthelasma is a condition noted by yellow patches on the upper and lower eyelids. Generally caused by a collection of cholesterol underneath the skin, the growths are common in people of Asian or Mediterranean descent. Xanthelasma can be treated with a laser or an acid peel.

Hyperhidrosis or excessive sweating in the palms, feet, and underarms can be extremely distracting to those who suffer with the condition. Interestingly, Botox Cosmetic (the wrinkle treatment) also provides an effective treatment for excessive sweating, usually relieving the condition for up to a year.

From wrinkles to common warts to more unusual skin conditions, we can help at the Gateway Aesthetic Institute & Laser Center. For more information on our many services, visit our website at www.GatewayLaserCenter.com or call (801) 595-1600. ©

Anti-Aging | Beauty Timeline

Stone Age – Ancient cave paintings indicate that early man practiced hair removal by plucking it from his face using seashells as tweezers.



3000 B.C. – Ancient Egyptians transform Fenugreek, a medicinal plant, into an oily skin remedy that is applied to the skin to transform “an old man into a young man.”



1600 B.C. – Later Egyptians develop elaborate bathing rituals to lighten and soften their skin.

1958 – Gordon Gould, a graduate student at Columbia University, develops a machine that concentrates light, then coins the term “laser.” Later considered one of the world’s greatest inventions, the laser becomes the basis for numerous commercial and medical applications.



1945 – Max Factor introduces an everyday version of their foundation called Pan-Cake, which was designed to reduce the signs of aging.



1920 – Phenol peel is popularized as the fountain-of-youth formula among the stars of Hollywood.

1963 – Dermatologist Leon Goldman becomes the first physician to test the effects of a laser on human skin.



1936 – Eugene Schueller, chemist and founder of L’Oréal, invents the first sunscreen.



1974 – While investigating the aging and maturation of skin cells, Dr. Eugene Van Scott and Ruey Yu discover Alpha hydroxy and its ability to smooth wrinkles and lines.

1981 – Zyderm, a product made from bovine dermal tissue (cow hides), is approved by the FDA for human implant. It becomes the filler of choice for smoothing lines and defining lips.



1969 – Dermatologist Albert Klingman reports that retinoic acid helps control acne. Retin-A is born, but doesn’t attract attention until women notice it controls wrinkles. It soon becomes the world’s most widely used anti-aging skincare ingredient.



1980 – Coppertone develops the first UVA/UVB sunscreen.

1990s – The first medial lasers aimed specifically at wrinkles arrive on the market. Over the following years, the number of cosmetic lasers (each more effectively treating a wider range of conditions) will skyrocket.

400 B.C. – Women in Greece remove leg hair by singeing it off with lamps.



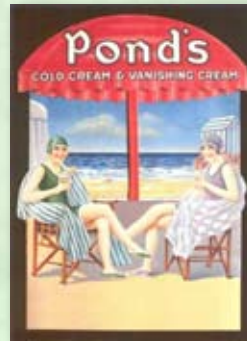
840 A.D. – In Spain, a musician from Baghdad named Blackbird opens the world's first beauty institute. He teaches students the secrets of hair removal and personal grooming.



1800s – European women use a recipe of distilled water, celandine roots, and walnut oil as a popular hair-removal mixture.



69 B.C. – Legendary Egyptian queen Cleopatra takes a bath in ass's milk to soften her skin and enhance her beauty.



1846 – Theron T. Pond, a pharmacist from Utica, introduces Pond's Golden Treasure, a witch-hazel based wonder product for the skin. Eventually branded as Pond's Cold Cream, the product is still sold today (with updated ingredients) as a popular skin cleanser.



1914 – A skin cream invented by Baltimore pharmacist George Bunting is introduced as "Dr. Bunting's Sunburn Remedy." The name is changed to Noxema after a customer swears that the cream "knocked out his eczema."

1915 – Harper's Bazaar magazine features a Wilkinson Sword Company ad featuring a model showing bare shoulders and shaven armpits. Within two years, sales of Wilkinson razor blades double.



1886 – Harriet Hubbard Ayer introduces face creams and anti-aging products created from secret recipes that she allegedly discovered in Paris.



2007 – The FDA approves the wrinkle filler, Perlane, made by the same company that produces Restylane. Both products contain hyaluronic acid, but Perlane's particles are larger than those found in Restylane, and can reach deeper layers of the skin.



1997 – Microdermabrasion becomes popular as a method of removing the outer layers of skin to reduce fine lines and wrinkles.



2002 – Botox receives FDA approval to cosmetic use. Doctors begin injecting it into facial muscles to smooth wrinkles. Sales of the drug skyrocket.

1990s – Breast augmentation becomes popular as celebrities embrace the procedure and fuel its acceptance by ordinary women. From 1992 to 1998, the number of breast implants performed increases over 400%.



2000 – The amount of money spent in the beauty industry surpasses \$20 billion dollars.



2003 – The FDA approves Restylane, an injectable filler made of hyaluronic acid (a natural substance that already exists in the human body) to smooth facial wrinkles and folds.

Tipping the Scales | Win the Fight Against Fat

From a child choosing candy to a family shopping for a car, everyone loves a choice. When selecting a body contouring procedure, we are no different.

MedSculpt, LipoDissolve, Tumescent Liposuction, and now Smartlipo—all are different names for procedures aimed at giving smoother contour to your abs, hips, and buttocks.

Choice, however, can also breed confusion. How do you know which procedure is best? To understand the advantages of each, let's get a quick lesson.

MedSculpt treatments target problem areas of localized fat with a computerized, state-of-the-art machine that uses ultrasonic waves to heat and soften fat cells, disrupt cellulite bands, and tighten and tone the skin. Optimal treatments are administered twice a week for ten weeks. Though you will not notice inches or pounds lost, the treatments can smooth lumpy, fatty areas or help enhance results with LipoDissolve and liposuction treatments.

The pros:

- It's painless.
- It shapes and tones the skin.
- When used in conjunction with other body contouring treatments, it improves results.
- It is the least expensive of the body contouring procedures.

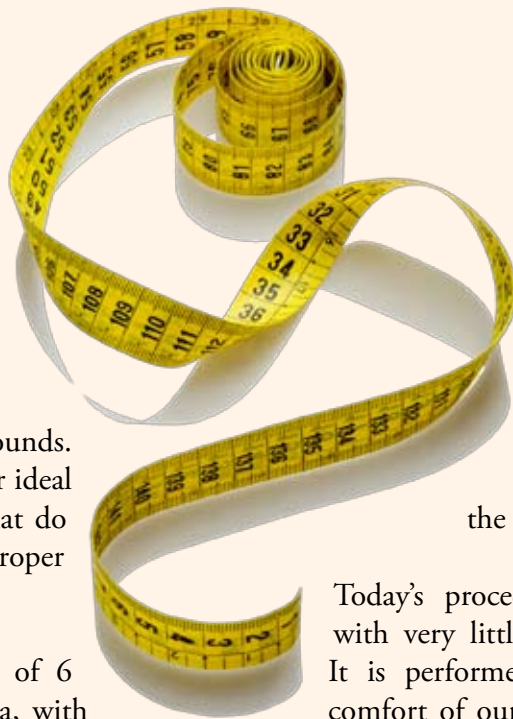
The cons:

- It doesn't remove inches, but instead smooths existing areas. (It's likely that those looking for significant results will not be satisfied with MedSculpt alone.)

LipoDissolve is a non-surgical fat removal treatment for body contouring and an alternative to liposuction surgery. It features a series of micro injections of PCDC, a naturally-occurring substance that breaks up and dissolves localized fat deposits, which are then eliminated naturally through the body's immune system.

LipoDissolve is meant to reduce areas of localized fat—love handles, chin, buttocks, thighs, arms and chin. This means you will notice a loss of inches in the





treated areas, but not necessarily pounds. Ideal candidates are at or near their ideal weight, but have pockets of fat that do not seem to go away, even with proper diet and exercise.

For optimum results, an average of 6 treatments are needed in each area, with treatments spaced 3 to 6 weeks apart. It is also important to note that LipoDissolve removes local fat cells entirely. Therefore, should you gain weight, it will show in areas other than those treated.

The pros:

- The treatment is noninvasive, meaning it's not a surgery. Often, those who opt for LipoDissolve over liposuction do so because they want to avoid what is perceived as a more complex surgery.
- It is less expensive than tumescent liposuction and Smartlipo treatments.

The cons:

- Treatments take time since they must be spaced over several weeks.
- As the fat dissolves, some discomfort is generally experienced.
- Fewer areas may be treated at one time than with other methods.

Tumescent Liposuction represents the most significant single advancement in liposuction in years. The word "tumescent" means swollen and firm. By injecting a large volume of dilute lidocaine (local anesthetic) and epinephrine (capillary constrictor) into the pockets of fat, the tissue becomes swollen and firm (tumescent),

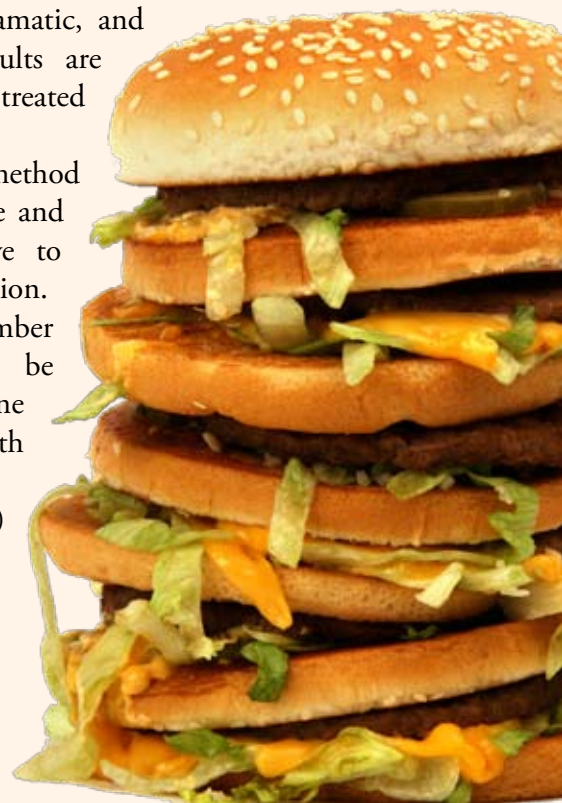
making it easier for the liposuction cannula to travel smoothly beneath the skin to remove the fat.

Today's procedure carries significantly less risk with very little down time (usually a few days). It is performed without hospitalization (in the comfort of our in-office surgical suites), and with local anesthesia. In fact, the procedure is so safe it has become one of the most commonly-performed cosmetic treatments in the United States today.

Clients see immediate improvement after surgery, with optimum results (significant inches lost) in approximately 4 weeks. Ideal candidates are within 20 pounds of their ideal weight, but with areas of fat that are non-responsive to diet and exercise.

The pros:

- Only one treatment per area is needed, rather than the multiple treatments of LipoDissolve.
 - Immediate, dramatic, and permanent results are noticed in the treated areas.
 - The tumescent method is an affordable and safer alternative to regular liposuction.
 - A greater number of areas may be treated at one time than with LipoDissolve.
- (cont. page 18.)



Seeing the Light |

Light and Laser Facial Treatments

Light and laser facials offer effective treatments to fade and heal sun-damaged skin, reduce facial pigment and redness, tighten lax or wrinkled skin, and more. In particular, light and laser facials help utilize and maintain the skin's tone and texture to keep it looking fresh all year long.

Unlike other facilities who only have one or two laser treatments, the Gateway Aesthetic Institute has numerous lasers available to our team of highly-skilled providers. This means our board-certified dermatologists can personalize the perfect treatment to match each client's individual skin type and concern. If multiple conditions need treatment—conditions that may take multiple laser treatments at other facilities—we offer specialty lasers that can treat them simultaneously.

This not only saves you time, but it also saves you money. Call our office today at 801-595-1600 to learn more or to schedule your customized light and laser facial. ©

Fight Against Fat, cont. |

The cons:

- Despite being extremely safe, the treatment is still considered a surgery. As such, it remains “scary” to some people.

Smartlipo is a new, innovative, laser-assisted procedure that can be used alone or in combination with tumescent liposuction. Like tumescent liposuction, Smartlipo removes fat through a cannula inserted into small openings in the skin. However, with Smartlipo, a laser is used to melt the fat, helping with extraction and resulting in less swelling and bruising for faster recovery. In addition to melting pockets of fat, the laser energy also induces collagen growth while tightening lax skin.

Smartlipo is a minimally invasive treatment that only requires local anesthesia. As such, client safety is enhanced and side effects are less likely. Typically only one short treatment session is needed, enabling you to get back to a normal schedule quickly.

The pros:

- Smartlipo offers the same advantages as tumescent liposuction, but with superior results and quicker recovery.
- In addition to removing fat, the laser tightens and tones the skin.

The cons:

- The added cost of the laser makes the procedure more expensive than tumescent liposuction alone.

Now that you are armed with information about each body contouring procedure, we recommend you schedule a consultation with one of our providers to discuss which options might be best for you.

For additional information and to see before and after photos of each procedure, visit our website at www.GatewayLaserCenter.com. ©

VISIT OUR WEBSITE
FOR EVENTS &
SPECIALS:

WWW.GATEWAYLASERCENTER.COM

THANK YOU!



Fight Skin Aging with a Secret Weapon | Topical Antioxidants

Each and every day, the human body's largest organ, the skin, is assailed by pollution, stress, poor diet, and most importantly, ultraviolet radiation from the sun. Free radical damage generated by our own body's metabolism compounds the problem, as these free radicals trigger the release of inflammatory mediators that break down collagen and damage the cell barrier. It gets worse. In addition to causing external damage, free radicals are one of the main factors contributing to cancerous cells.

Is it time to wave the white flag in surrender? Hardly. To combat negative environmental and biological skin damage, we can fight back with a powerful weapon—antioxidants.

While health professionals have touted the benefits

of antioxidant-rich foods for eons, it's sometimes difficult to direct them to specific areas of the body. For example, even if a person consumes an optimal amount of antioxidants through diet or supplements, only a minute amount is allocated to the skin.

The answer to this problem may be topical antioxidants. It is possible to boost the skin's external defenses against harmful free radicals and control environmental aging by topically applying antioxidants. Numerous studies have proven that when applied to the skin's surface, antioxidants offer protection from sun damage and stimulate collagen production.

One of the most well-known and frequently-used antioxidants is vitamin C, a multi-tasker for the skin. It prevents water loss, helping to maintain the skin's

barrier function, while building collagen and elastin. In addition, topically applied L-Ascorbic acid (vitamin C) deactivates unstable free radicals, preventing much of the damage they cause. When applied topically, vitamin E is another powerhouse. Its antioxidant activity is even more effective when combined with vitamin C and coenzyme Q10. Additional products known for their antioxidant activity are green tea, cacao, soy isoflavones, lipoic acid, pomegranate, mandelic acid, and grape seed extract, to name a few.

Currently, companies are focusing on the delivery mechanism of antioxidants for deeper skin penetration. Developments from AGI Labs and its Remergent skincare line are of special interest. AGI utilizes several different liposome technologies to deliver its patented marine enzymes into the skin. Initial studies on these

products are extremely promising, especially with regards to their ability to stimulate the skin to repair itself.

As science continues to research and develop antioxidant technologies, consumers are finding new skincare products that increase beauty—softer skin with fewer wrinkles—as well as valuable, life-saving protection against environmental damage.

Which topical antioxidant is best for you? Call the staff at Anne-Michele Apothica, (801) 746-7444, and we will gladly assist in your selection. ©



A Note from Your Doctor

The summer has passed quickly, the temptation to play in the sun has faded, and it's that time of year when our bodies go into repair mode from summer sun damage. It's also the perfect time of year to check in to the many sun damage repair procedures offered at the Gateway Aesthetic Institute.

The reason is simple: the cool air keeps us inside, making it easier to heal from laser treatments that require limited sun exposure. Such procedures that are excellent options during the fall and winter months include laser resurfacing, laser eyelid surgery, light and laser facials, and the treatment of spider veins.

These and other cosmetic dermatology procedures and laser surgeries have been my passion since I stepped fresh out of medical school over 30 years ago. Over that time, I have worked hard to keep myself educated and at the forefront of this fascinating industry, while supplying my clients with a unique and professional environment to address all of their cosmetic concerns.

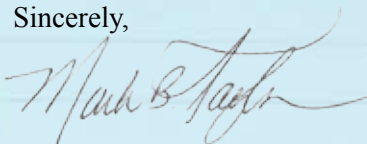
Gateway Aesthetic Institute employs providers and support staff that I believe are the most talented and passionate group of people in the nation. Together, we have created something truly unique and different from any other cosmetic medical office in the world. We offer an environment that is soothing, pampering, and professional, as well as provide medical treatments that are safe, effective, and innovative.

But there is more. A popular quote notes, "If all you have is a hammer, everything looks like a nail." In other words, one must use the right tool to get the desired results. At the Gateway Aesthetic Institute, we employ more state-of-the-art laser equipment than almost any other cosmetic laser center in the nation. Instead of forcing you into a "one size fits all" treatment like many of our competitors do, the Gateway Aesthetic Institute is able to provide numerous treatment options that cover a full array of cosmetic dermatology and laser concerns.

I am grateful to be the director of such a multi-faceted aesthetic institute. I believe that our service and expertise are unmatched by any other aesthetic facility. My only concern is that we continue to adapt and change in order to best meet our loyal clients' needs.

As we continue to work together to help create the perfect you at every age, we are continually open to suggestions. It is due to a combined effort between our clients and staff that Gateway Aesthetic Institute finds itself as a worldwide leader in this industry.

Sincerely,



Dr. Mark Taylor

Owner/Director

Gateway Aesthetic Institute & Laser Center



Director's Picks |

Innovative Self-Care Tools



Technology is changing our lives. From laptops to iPods, advances are making everyday tasks more convenient and effective. And they don't stop with computers. From head to toe, a plethora of new self-care tools has hit the market to help you care for your skin, hair, and well being. Here are a few of our favorites:

Do you want the results of a professionally-applied self-tanner with the affordability and convenience of applying it yourself? **Fusion Beauty GlowFusion Self Tan Airbrush** has revolutionized self-tanning at home. The first and only at-home airbrush gun blows out an even mist of tinted GlowFusion Micro-Nutrient Protein Tan that dries on contact. The result? Only you will know your tan came from a bottle.

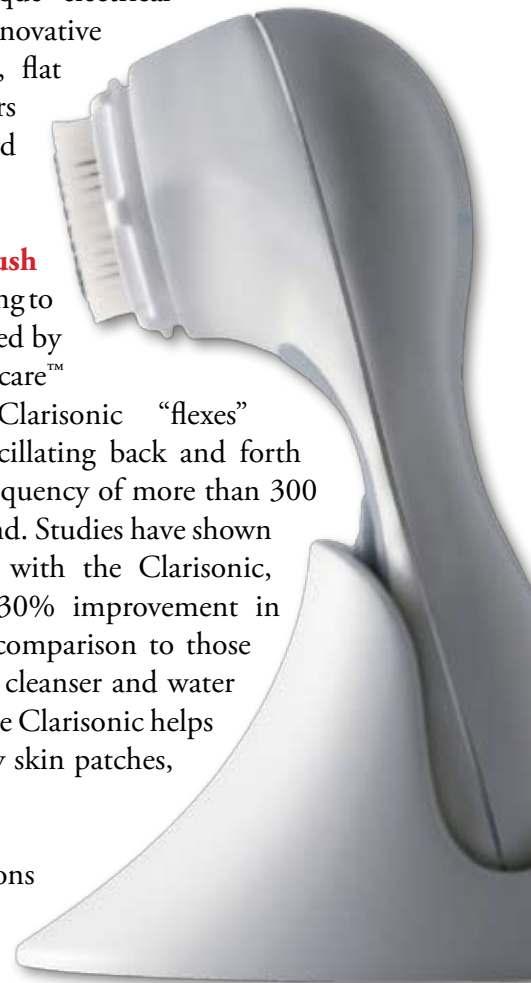
Imagine a blow dryer that's actually good for your hair. Meet the **T3 Evolution**. You plug it in, and rather than blasting your strands with damaging heat for the better part of an hour, you're done in half the time and your hair is hydrated, full of shine, and healthier. Whether you want sleek, poker-straight strands or soft waves, it's never been easier or faster to achieve than when armed with a

T3. Infused with crushed tourmaline, a semi-precious stone that has unique electrical properties, this innovative line of blow dryers, flat irons, and diffusers has set a new standard for hair styling tools.

The Clarisonic™ Brush has taken skin cleansing to a new level. Developed by the maker of the Sonicare™ toothbrush, the Clarisonic “flexes” the skin with an oscillating back and forth motion at a sonic frequency of more than 300 movements per second. Studies have shown that after cleansing with the Clarisonic, participants had a 30% improvement in skin absorption, in comparison to those who used a foaming cleanser and water alone. In addition, the Clarisonic helps reduce oily areas, dry skin patches, and blemishes.

If you have any questions about the self-care tools mentioned above, please call the friendly staff at Anne-

Michele Apothica, (801) 746-7444, or drop in for a visit. We are located at the south end of the Gateway Mall, next to Rumbi's Restaurant.



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Gift Certificate *\$20 Off*



Bring this coupon to Anne-Michele Apothica, our skin care boutique located in the Gateway Mall, between Sept. 15, 2007, and April 30, 2008, and receive \$20 off your purchase of \$150 or more.