

NYDG
new york dermatology group

New York Dermatology Group

Welcome to New York Dermatology Group, a neighborhood practice with an international reputation in medical and cosmetic dermatology.

Headed by leading Manhattan dermatologist David Colbert, M.D., our medical team includes Board Certified Dermatologists, a Plastic Surgeon, a Doctor of Internal Medicine, a Registered Dietitian, an Acupuncturist, Laser Technicians and Medical Aestheticians. This inter-disciplinary approach enables us to offer a unique brand of skin care, beyond the strict limits of one specialty and with an eye to total health and ageless beauty.

Our signature treatments for men and women, like the Triad Medical Facial, the Medicare Pedicure and the Fifteen-Minute Facelift, are emblematic of our belief that health and beauty make a happy couple, invariably found hand in hand. These procedures combine state-of-the-art technology and the best of cosmetic dermatology, with results so fresh and satisfying they are often featured in publications like Vogue and Elle, O and The New York Times.

Dermatology has always been about both skin health and appearance. What makes the specialty so newsworthy today are the many breakthroughs in the science of anti-aging. We now have a brilliant array of options for correcting the effects of time, environmental influences and even genetics. Laser light technology is advancing rapidly. Botox has been FDA approved as both a remarkable wrinkle reducer and a medical workhorse capable of easing many serious conditions. A whole new family of facial fillers are wonderfully effective, safe and long lasting. And, we are making important discoveries about the many influences of nutrition and stress on the skin and on overall health.

At NYDG, we want every patient to benefit from our integrative approach to the art and practice of modern medicine, and our commitment to provide the most advanced skin care in the world.



Anti-Aging with Cosmetic Dermatology

BOTOX® Therapy

Smoothing and Lifting Skin

After rigorous testing showed Botox was both very effective and extremely safe, it was approved by the FDA in 2002 for cosmetic use as a wrinkle smoother. Since then, Botox has also shown some serious muscle as a drug capable of alleviating medical conditions ranging from migraine headaches to essential tremor to spasms associated with stroke or MS. Whether used for medical or cosmetic purposes, the principle is much the same: in miniscule amounts, Botox, a neurotoxin capable of blocking targeted nerve impulses, temporarily relaxes or weakens over-contracted muscles. For cosmetic improvement, this means the surface skin above the injected muscle is smoothed out and the face looks less stressed and younger.

Our Board Certified physicians are highly skilled at aesthetic medicine, and use Botox to ease but not eliminate:

- Frown lines
- Vertical furrows between the eyes
- Wrinkles on the bridge of the nose
- Horizontal lines on the forehead
- Crow's feet around the eyes
- Bands on the neck

Or, if a little Botox is injected around the mouth and the chin, it can gently lift the lower third of the face (typical facelift territory), transforming the 'tired and grumpy' expression often associated with age. Alone or with soft tissue fillers, Botox applied 'the natural way' offers the patient a freshened, rejuvenated face without the severe look, the risk, or the cost of plastic surgery.

Facial Fillers

Restoring Youthful Contour

Along with Botox, a major advancement in the technology of anti-aging is the development of long-lasting injectable fillers to restore youthful volume and contour to the face. Since facial fat both migrates and dissipates as we age, putting it back where it belongs, plumping up the folds and sags the depleted collagen and elastin have left behind, is one of the most effective things we can do to defy the effects of time. The new generation of fillers come in a variety of compounds, weights and thicknesses, adding to their versatility. Each of the fillers used at New York Dermatology Group is ideal in its own way for addressing issues such as:

- Nasolabial folds
- Marionette lines
- Sunken cheeks
- Thinning lips
- Soft jaw line
- Scars and deeper wrinkles

The new crop of fillers are biocompatible and complication-free. They are often comprised of substances that are found naturally in the human body, like the hyaluronic acid fillers Restylane and Juvéderm, or the calcium-based Radiesse, or the poly-L-lactic acid Sculptra. Unlike their ancestor bovine collagen, most of the new fillers do not require prior testing for allergic reaction, adding to their safety, cost-effectiveness and convenience. Because results are immediate and the procedure involves no prep or significant recovery time (bruises may appear at injections sites), fillers are recommended as one of the most foolproof and instantly gratifying anti-aging options. They can be used with Botox and injected during the same office visit; the combined therapy is so quick and effective we refer to it as the Fifteen-Minute Facelift.



Swiss
Technology

Bio-restorative Skin Cream with PSP™

NEOCUTIS

Lasers and Light-Based Technology

Laser and other light-based therapies now offer abundant opportunities for restoring the skin to its original clarity and glow, usually without any discomfort or trauma to the treated area. Today's lasers can address medical or cosmetic concerns, with applications ranging from skin tightening to laser 'lifting' to photo correction to acne, rosacea, and keratoses treatment. At NYDG Research, we are continually assessing all the latest in light technology, and incorporating the best and the brightest into our dermatology practice.

Fraxel®

State-of-the-Art Skin Resurfacing

The Fraxel is the most effective laser yet at renewing the surface of the skin. It will transform the look and feel of wrinkled, dyspigmented, and even scarred skin, without the days or weeks of recovery time required by more disruptive lasers. This is a non-ablative cosmetic treatment that still delivers big results. It gradually repairs, refines and restores the skin, leaving it looking years younger and feeling as good as it looks. Fraxel is designed for use on any area of the body where skin needs rejuvenation, including the face, arms, neck, hands and chest. It's FDA-approved for treatment of crow's feet, brown spots and melasma, acne and surgical scarring. Repeated treatments also gently tone the skin and stimulate healthy new collagen production. Fraxel is usually recommended as a series of 4-6 sessions scheduled four weeks apart.

Titan®

Tightening the Skin with Light

This next-generation infrared light tightens slack skin on the face, neck, chin, jowls, stomach, arms, or anywhere. The result, after two to four treatments spaced about a month apart, is visibly tighter, firmer, more youthful skin. The advanced Titan technology uses light energy to heat the dermis well below the surface, stimulating the rebirth of collagen, initiating the skin's own process of repair, and leading to permanently enhanced tone and elasticity. Depending on age and general skin condition, improvement can be expected to continue over the weeks and months following each session. The Titan is also extremely effective when used in combination with other cosmetic procedures like microlipo or soft tissue enhancement, often obviating the need for any surgical intervention to lift and tighten skin.

Laser Toning

Improving Skin Texture and Elasticity

Laser Toning (we call it the 'gym for the skin') is one of the most effective tools available for improving skin texture, color and tone on the face, neck and chin. It works on many levels, giving a nice, fresh beauty boost by plumping and smoothing, and then continuing over time to increase collagen production, allowing the skin to keep improving itself. Because visible results are typically immediate, the procedure is popular as a way to prep for big events and camera appearances. Regular Laser Toning sessions are great for superior skin maintenance and the look of impeccable personal grooming. The procedure is safe and effective for all skin types and ethnicities.

Laser Toning with Levulan[®]

Intense Laser Skin Toning

Skin imperfections can also be treated with the added help of Levulan, a photosensitizing balm that is applied topically, and then activated by laser light. Levulan with Laser Toning can treat the entire epidermis for photo-damage, resulting in a more even skin tone, texture and color, reduced fine lines and wrinkles, and

importantly, skin cancer prevention. For acne, Levulan with laser is an effective, nonsystemic alternative to Accutane.

Intense Pulse Light 'PhotoFacials'

Erasing Brown Spots and Irregularities

IPL (Intense Pulse Light) treats melasma (large brown splotches), freckles, sun damage and age spots with or without the photosensitizing boost of the topical drug Levulan. The therapy is effective on any skin area that is sun damaged or needs photo correction. Depending on the extent of the condition, mottled skin can go from blotchy brown and red to even-toned in three treatments, providing the benefits of a medium peel, but with no comparable downtime.

Blue Light

Acne Treatment with Light

This FDA-approved treatment for acne uses safe light, not serious drugs, to kill acne bacteria beneath the skin and clear surface blemishes. By controlling the bacteria, the sebaceous glands are de-clogged of sebum and allowed to function normally, properly collecting and excreting, so that soon the skin appears clear and smooth. The Blue Light therapy consists of a

series of brief treatments, one or two times per week. Blue Light effectively controls moderate acne in teenagers or adults of any age.

Blue Light and Levulan[®]

Treating Actinic Keratoses

Actinic Keratoses (rough, raised, pigmented patches on the skin) can develop into potentially dangerous skin cancers. Blue Light, combined with the topical photosensitizing drug Levulan, can treat actinic keratoses and help prevent squamous cell carcinomas. Note: Other options for treating pre-cancerous lesions might include excision or chemical removal. Whatever method the doctor chooses, treatment is crucial; in recent years skin cancer has become the most prevalent cancer in the United States, though it is highly curable if detected early. So in between skin cancer screenings, examine your own moles at home, being mindful of the American Academy of Dermatology's simple, memorize-able ABCD's:

A: Asymmetry

B: Border

C: Color

D: Dimension

(We like to add an E, for Elevation.) If a mole or lesion appears to have changed in any of these ways, report to the doctor a.s.a.p.

Rosacea Treatment

The Laser Option

Laser therapy can gently and effectively treat Rosacea through any number of approaches, which may include IPL (Intense Pulse Light), Laser Toning, Vbeam laser, VariLite, or a combination of laser treatments designed for you by the doctor. Microdermabrasion, which is a mechanical process, or the dermatologist's own controlled surgical scraping, may also be added to the mix, depending on the extent of the condition. This multiple approach can be applied as well to other common skin conditions, like psoriasis and acne, offering patients a tailor-made regimen of the most appropriate and optimal methods and technology.

Therapy for Vascular and Pigmented Lesions

The Vbeam® Laser and the VariLite®

Think V for Versatility. Whether it's a nagging cosmetic issue (like broken blood vessels) or a chronic dermatological condition (like rosacea) chances are one of our latest lasers has an effective solution. The Vbeam, designed originally to treat benign vascular lesions, is a pulsed dye laser that can improve or erase red marks associated with psoriasis, rosacea, red birthmarks, port wine stains, venous lakes and angiomas. It can treat facial and leg veins, periorbital wrinkles, stretch marks, scars and warts. For finer vascular, pigmented and cutaneous lesions, including spider angiomas, cherry angiomas and lentigines, the VariLite dual wavelength is comfortable, safe and effective. Also ask about the Xeo Laser, for vascular and pigmented lesions and veins.

Laser Hair Removal

Grooming and Sculpting

For permanent or semi-permanent hair removal, our skilled laser technicians and medical aestheticians remove or sculpt

unwanted or unwieldy hair on the face or body, including beard, eyebrows, upper lip, hands and feet, back and bikini.

GentleWaves®

Photomodulating Wrinkles and Dyspigmentation

GentleWaves is FDA-approved for diminishing fine lines and wrinkles in the sensitive area around the eyes and mouth, for smoothing out overall skin tone and for shrinking enlarged pores. Below the epidermis, the LEDs (Light Emitting Diodes) from the GentleWaves light system stimulate collagen growth, while also breaking down the enzyme that prohibits its production. Over time, repeated treatments correct skin marked by the signs of age or environment—sun, smoking, stress—including wrinkles and hyperpigmented blotches. The procedure is quick and painless; the patient sits before a panel of LED light for a series of treatments of less than a minute each. Six to twelve sessions are generally recommended, resulting in steadily improved skin.



NYDG Signature Treatments

The Fifteen-Minute Facelift®

This quick and easy procedure combines the best of the advanced anti-aging strategies into one highly effective (and highly popular) ‘lunchtime’ treatment. During the procedure, a patient-appropriate soft-tissue enhancer such as Restylane, Radiesse, Juvéderm or ArteFill is used to fill nasolabial folds, marionette lines, sunken cheeks and/or thinning lips, and then Botox is injected to gently smooth wrinkles around the eyes and forehead, and lift any sagging in the lower face. The result is a subtle, beautiful and natural ‘lift,’ achieved by restoring lost volume and smoothing lines, not pulling and stretching skin. We find the result more aesthetically pleasing than a surgical lift, and at a fraction of the cost, with no medical risk or notable recovery time. (Minimal bruising may occur at injection sites.) Depending on the fillers used, the Fifteen-Minute Facelift result can last a year, and intermittent touch-ups can help maintain the effect.

The Triad Facial®

Our Signature ‘Medical Facial’

Part of our mission at NYDG is to research and develop skin care solutions that protect and heal while contributing to the skin’s permanently improved appearance. The Triad Facial was designed by NYDG founder Dr. David Colbert to give both men and women the cosmetic benefits of a facial that also works subversively to make serious medical progress. As a result, the Triad has gained a reputation; actors, models and media people use it as a way to prepare for the red carpet and the runway, and on ordinary days, our patients rely on it to maintain a fresh, young, radiant appearance. But the beauty of the Triad is, beauty is only the half of it; regular application of its medical principles means the skin is constantly improving, collagen production is being stimulated, and sun damage and precancerous conditions are being defeated before they can cause any trouble. The procedure includes three important elements of optimal skin care:

- 1) Microdermabrasion to remove the old, dead cells on the skin surface and allow a fresh microlayer to breathe and glow;
- 2) Laser Toning to improve texture and elasticity, and boost collagen production;
- 3) Gentle Chemical Peeling to refresh

and smooth, as well as diminish brown spots and surface imperfections. The Triad has often been covered in the national fashion and science press, including Vogue, Elle, Self, Allure, The New York Times and dermatology journals. It is a beautiful example of medical and cosmetic dermatology working together for your skin.

The Medicure Pedicure® High Tech Foot Care

The Medicure Pedicure is our way of applying the same principles as the Triad Medical Facial to the often-neglected skin of the foot. Here again, the payoff is both immediately-improved appearance and long term healing and rejuvenation. The Medicure Pedicure is a favorite of beach goers and shoe lovers, but it's recommended for anyone who wants to finally give a little attention to the condition of their feet. Using some of the same methods as the Triad, the Medicure Pedicure goes even further, employing differing levels of chemical peeling appropriate to the delicacy of the skin in various areas of the feet (i.e., heels and soles are typically tough, tops are not).

Like the Triad, the Medicure Pedicure is based on the big three: 1) **Microdermabrasion** to remove the old, cloudy microlayer; 2) **Laser Toning** for texture and collagen stimulation; 3) **Gentle Peeling** for clarity and smoothness. The procedure is finished with a luxurious rub of vitamin-rich nutrients, all designed to both short-view pamper and long-view nourish. Also a media darling, the Medicure Pedicure has been touted as excellent skin maintenance and a tender treat for the feet.

The Peels

Peels have been a staple of cosmetic dermatology for years, dating back to Cleopatra and her milk baths, but recent advances in materials and application techniques have made them extremely valuable for preventing skin cancer as well as for reversing the signs of aging.

Gentle Acid Peels

To Restore or Maintain Smooth, Healthy Skin

Glycolic acid, lactic acid, TCA, Beta or fruit acid peels work on a simple yet essential principle: the old dead cells on the skin's top micro-layer are chemically exfoliated to reveal fresh, glowing skin underneath, and to breathe sunny new life into a dull complexion. In addition to the benefit of immediately-improved appearance, regular peels can help treat acne, fade brown spots, shrink pores, and importantly, protect against the development of skin cancer. With the exception of the stronger acids used for dyspigmentation or sun damage, most cosmetic peels cause minimal skin irritation. Typically, they tingle for a few minutes and then are neutralized. Slight redness can occur, as well as a pleasing plumpness and smoothness to the treated area. The type of chemical used is determined by the doctor after assessing aging, sun damage and general skin condition.

The Rosacea Facial

Reducing Redness

This treatment for Rosacea is one part lactic acid peel, in combination with gentle manual abrasion, or microdermabrasion, and/or laser treatment. It all adds up to a long-term process of reducing redness and improving the skin's general appearance.

Betalift®

For Acne Treatment

A quick, simple and light salicylic acid peel, the Betalift is also ideal for oily and prematurely aged skin. The procedure has a limited downtime; results are evident one to two weeks after treatment; and the salicylic acid applied is suitable for all skin types and ethnicities.

The Surgery Suite

For cosmetic issues that cannot be fully addressed through dermatology, improved nutrition and natural modalities, NYDG also provides the services of a plastic and reconstructive surgeon.

Some aging of the face, eyes, chin and neck can be greatly improved by surgical lifting of the skin and gentle tightening of underlying muscles. Nose reshaping, breast reduction and breast augmentation are corrections that are made through plastic surgery. Fat accumulation under the eyes, and loose, sagging jaw line and jowls also respond well to surgical intervention. Such procedures are typically recommended as a one-time event. They do not replace the need for skin care, including continued use of Botox and fillers. (A surgical procedure that would pull the skin tight enough to banish wrinkles and folds would result in a 'done', unnatural look.)

A consultation with our highly-trained board certified surgeon will help determine if you're a candidate for plastic surgery and to what extent a cosmetic procedure could benefit your looks and your outlook.



Microliposuction

Recontouring Face and Body

Microlipo is a safe and effective surgical procedure using precise, refined instruments to extract unwanted fat from any body part, including the face, chin, breasts, abdomen, thighs, and back. As dermatological surgeons, NYDG physicians are particularly skilled at both the surgical process and achieving optimal aesthetic results. Not intended for weight loss so much as body reshaping, microlipo (as opposed to major liposuction) does not require general anesthesia. The procedure is especially effective at re-contouring areas that do not respond well to diet and exercise, like the face and neck. Recent advances in the tumescent technique ensure little discomfort, more rapid healing and improved cosmetic results. The procedure is performed on our premises in our fully-accredited surgery suite. Typically, microlipo has at least a twenty-four hour downtime, though depending on the extent of the procedure, full recovery can require up to a week.

Partial Liposuction and Fat Transfer

For Chin, Jowls and Neck

Especially effective for improving the appearance of the chin and neck, this procedure begins with the removal of excess fat from a selected area, then transferring it by injection to volume-depleted nasolabial folds, thinning lips or sagging cheeks. The removed fat can also be harvested and frozen for future use. Simple suturing techniques may be used to aid healing and prevent stretching or sagging. The result is a quick, simple and subtle overall rejuvenation of the face without the risk, cost and recovery time of plastic surgery.

Internal Medicine

The physicians and practitioners at New York Dermatology Group represent a range of disciplines that together contribute to glowing good health, youthful vitality and stress-free living. In addition to Board Certified Dermatologists, our diverse team includes a Doctor of Internal Medicine for general health care, a Registered Dietitian for nutritional counseling, a Doctor of Acupuncture for stress reduction and preventive medicine. By providing access to these important crossover disciplines under one roof, we can offer our patients all the benefits of one-stop convenience and total-wellness thinking at an extremely high level of medical expertise.

Total Health

As part of our full-service focus on maintaining optimal overall health, we have on staff a Doctor of Internal Medicine available for appointments and/or consultation. Also known as a Doctor of Adult Medicine, an internist specializes in prevention and treatment of disease for patients from adolescence through old age. The regular care of an internist, with his or her extensive knowledge of all branches of medicine and ability to diagnose and treat

conditions both simple and complex, is a vital component in the on-going good health of the whole patient.

At New York Dermatology Group, our resident Doctor of Internal Medicine administers/treats:

- Physical Exams
- Diagnostic Screenings
- Blood Pressure Monitoring and Medication
- Colds and Flu
- Infectious Diseases
- Sexually Transmitted Diseases
- Vaccinations
- Travel Medicine

Part of the internist's training is in overseeing medical care for a wide range of conditions. Our internist is an excellent source of information on how to structure treatment for:

- Substance Abuse
- Mental Health
- Undiagnosed Complaints

Nutritional Counseling

Nutrition & Weight Loss

Healthy weight loss requires sound nutrition. Our registered dietitian can provide excellent information and support for a successful weight loss program. After an initial assessment of the patient's medical history, diet history, food preferences, lifestyle patterns, and readiness and motivation for lasting weight loss, the nutritionist works with the patient to create individualized goals and personalized meal plans. Weekly follow-up appointments provide continued support, further nutritional education and tips on behavior modification. The dietitian will also conduct a supermarket tour with the patient to help navigate food choices and interpret labels, a crucial component of weight loss and management.

Nutrition & the Skin

Skin health and beauty are affected not only by external environmental factors like sun exposure, but by the nutrition that nurtures the skin from within. Often, a few adjustments in dietary patterns can greatly improve the look and feel of the skin as well as overall health and vitality. Patients with conditions

such as acne, dry skin, or aging skin can also benefit from smart nutrition. The dietitian will identify eating habits that need reevaluation; design specific goals; and recommend detailed meal plans that will help your skin look and feel its best.

Nutrition & General Health

Particularly if you suffer from food allergies, heartburn, diabetes, high cholesterol, or indeed any recurring or chronic ailment, what you eat affects you daily. Our registered dietitian will help you determine what to and what not to eat, and how to manage your lifestyle based on the limitations of your condition. The dietitian can be invaluable in making a clear assessment of your eating habits and in creating healthy strategies, including tips on how to dine out while maintaining a modified meal plan. The service is advisable even if you have no condition to manage, if you just want to learn how to eat better or understand the latest research on nutrition. What you eat is also a key component in maintaining youth and beauty, and the dietitian can counsel you on how to get the nutrients essential for looking and feeling your best.

Acupuncture

Integrative Medicine

A revered component of Eastern medicine for thousands of years, acupuncture is the art and science of stimulating the body's own natural healing processes. Via insertion of very thin needles along invisible pathways (meridians), it improves the flow of Qi (or Chi), and regulates physical, emotional and mental balance. The considerable effects of acupuncture range from release of endorphins and serotonin; stimulation of the hypothalamus and pituitary glands; and increase in immune function. This translates to effective treatment in a wide range of conditions. Our resident Doctor of Acupuncture is a highly-trained practitioner whose expertise includes skin-related conditions, anti-aging therapies, and the usual suspects like back and muscular pain.

The conditions for which acupuncture has been FDA and NIH cleared as a clinically-proven treatment modality include:

- Musculoskeletal
- Fertility
- Ear, Nose and Throat
- Respiratory, Circulatory, Gastrointestinal, Gynecological, Urogenital
- Psycho-Emotional and Neurological

Acupuncture is also effective in targeting trigger points for addiction and in detoxifying the body, leading to cessation of cravings and aiding in such goals as nicotine withdrawal and weight loss.

Cosmetic Acupuncture

Facial acupuncture treatments rejuvenate the face by reducing lines and wrinkles, firming skin, lifting eyelids and minimizing jowls. Regular treatments increase collagen production and stimulate circulation, resulting in permanent improvement in skin tone, elasticity and texture.



Staff

David A. Colbert, M.D., New York Dermatology Group founder and head physician, is Board Certified by the American Academy of Dermatology. He has been established in private practice in New York City since 1987, after studying medicine at La Faculté Libre de Médecine de Lille in France, receiving his degree from New York Medical College and completing his residency at Columbia-Presbyterian Hospital in New York. In addition to being a highly-skilled and experienced physician specializing in both medical and cosmetic dermatology, Dr. Colbert has a degree in Internal Medicine, and a Fellowship in Acne and Wound Healing from Boston University. He has served as a consultant for Chanel of Paris, France, has published numerous articles and is on the teaching staff of several leading New York City hospitals. His medical skills and aesthetic talents have gained him national recognition, and he is a frequent consultant in Hollywood for production companies such as Imagine Entertainment, and is widely quoted in national newspapers and magazines. He has often appeared on television, on cable shows and major broadcast networks, as a recognized expert in both general medicine and dermatology.

Physicians are Board Certified

David A. Colbert, M.D., Dermatology and Internal Medicine

Neha S. Parikh, M.D., Dermatology

Shilesh Iyer, M.D., Dermatology

Joshua B. Hyman, M.D., Plastic and Reconstructive Surgery

John F. Adams, M.D., Internal Medicine

Peggy Regis, LAc., Doctor of Acupuncture

Kimberly Sevy, Medical Aesthetician

Jessica Fishman, MS, RD, CDN, Registered Dietitian

Sally Duvall, Makeup Artist

Members/Diplomates

The American Academy of Dermatology

The American College of Physicians and Surgeons

The American College of Dermatological Surgeons

The Dermatological Society of Greater New York

The American Society for Dermatological Surgery

The American Society for Laser Medicine and Surgery

The American Society for Mohs Surgery

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