



THE DERMATOLOGY CENTER OF RALEIGH

● ● ● skincare solutions for life

New Dermatology Center opens at the AIHF

The Dermatology Center of Raleigh (**TDCOR**) was founded by Dr. Carol A. Trakimas. Dr. Trakimas is recognized as an expert in the field of dermatology. She is a Diplomate of the American Board of Dermatology, a Fellow of the American Academy of Dermatology and a member of many recognized medical societies.

The physicians and staff of The Dermatology Center of Raleigh seek to provide the highest quality medical, surgical and cosmetic dermatologic care to patients from the pediatric through the geriatric population. We place strong emphasis on educating our

patients about their skin maladies and also on the prevention of their various skin disorders during their clinical consultation with us. We pledge to provide dermatologic care to our patients that is confidential, thoughtful, compassionate and timely.

We are located in north Raleigh at The American Institute of Healthcare and Fitness (**AIHF**). The AIHF is a 187,000 square foot facility that houses, all under one roof, the best medical and surgical specialty care, and all inclusive wellness and spa



facilities. At this state-of-the-art facility you will find services dedicated to assisting individuals achieve optimum lifelong health through prevention, education, diagnosis, treatment, and research. As part of the AIHF we offer a convenient location in a dynamic, yet tranquil setting. We are found on the second floor of the AIHF in Suite 207.

The TDCOR Family:

- Dr. Carol Trakimas, President & Medical Director
- Darrick Fu, Director of Business Operations
- Erica Harper, Business Office Associate
- Sarah Ioveno, Office Assistant
- Susan Williams, Medical Assistant

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In Depth: Preventing Eczema Flare-ups

As the cold weather approaches, many of our patients experience increased or more intense flare-ups with their eczema. Eczema is a general term encompassing many inflamed skin conditions, the most common of which is atopic dermatitis (atopic-eczema). Although this condition may appear differently from individual to individual, it is most frequently characterized by dry, red, extremely itchy patches on the skin. The cause of eczema is unknown however it is

understood to stem from an abnormal response of the body's immune system to certain external factors or triggers. Eczema is a chronic condition which has no cure but can be managed effectively with proper treatment. One key strategy emphasized to our patients is prevention through avoidance of personal triggers. Try these strategies to help keep flare-ups at bay:

- Moisturize frequently
- Avoid sudden changes in temperature or humidity
- Avoid sweating or over

heating

- Reduce stress
- Avoid scratchy materials
- Avoid harsh soaps, detergents & solvents
- Avoid allergens (pollens, molds, mites, animal dander
- Avoid foods which trigger outbreaks



Winter Skincare 101

which exasperates these conditions. Here are some suggestions from the American Academy of Dermatology which may help skin feel better during this time of year:

Change to an emollient moisturizer-

Emollient moisturizers protect skin most effectively against moisture loss, however, avoid using on areas that tend to get hot and sweaty.

Moisturize frequently- Apply ample moisturizer after showering and reapply after hand-washing.

Use a humidifier- Using a humidifier will help replace moisture in the air, which may become dry when the heat is turned on and windows are closed.

Apply sunscreen- Applying a moisturizing broad spectrum sunscreen (SPF 15 or higher) will act as a barrier to help protect against harsh elements.

Use gloves- An important role in prevention of eczema flare-ups involves protecting the hands. A cotton glove against the skin with a wool over-top keeps hands dry while providing warmth and little irritation.

Dress in layers- Sweating and overheating are common triggers of irritation which can be avoided by removing layers as needed.

Remove wet clothes/shoes immediately- Damp clothing against the skin for prolonged periods can result in flare-ups and general irritation to dry, sensitive skin.

Winter can be a challenging time for many patients with dry, sensitive or compromised skin. The low humidity conditions prevalent in many parts of the United States creates dry air

Product Spotlight: RevaleSkin™

TDCOR is excited to offer RevaleSkin™ 3-step system featuring the super-antioxidant *CoffeeBerry*®. Antioxidants are an important component of any effective skin care regimen. This type of key ingredient works to both protect and rejuvenate skin. Antioxidants inhibit free radicals or molecules that attack healthy cells and degrade essential collagen fibers thus providing a shield against daily exposure. Additionally, their benefits extend to include a reduction in the appearance of fine lines, pigmentation and wrinkles and enhancement of skin tone and

texture. *CoffeeBerry*® been has been shown, through scientific testing, to have a higher antioxidant capacity than pomegranate, green tea and vitamins C and E. A powerful antioxidant in a convenient cleanser, day lotion, and night cream system make RevaleSkin™ a smart choice. We are committed to providing our patients the most superior skincare technologies and welcome the addition of RevaleSkin™ to our practice.



Upcoming at TDCOR!

“This exclusive, invitation-only event will feature our Kinerase® Pro+Therapy Skincare.”

New Year New You: Stay tuned for our New Year New You afternoon of beauty in late January. This exclusive invitation-only event will feature our Kinerase® Pro+Therapy Skincare product line. Pro-therapy is a physician-dispensed, effective yet gentle skin care regimen featuring a proprietary blend of the plant-based technologies kinetin and zeatin.

Complimentary treatments, refreshments, tours of our clinic, and informal educational talks on skincare will round out an afternoon you do not want to miss!

Microdermabrasion at TDCOR: TDCOR is proud to begin offering medical microdermabrasion treatments in early 2008. Look for an upcoming article on this technique

and how you can take advantage of it's anti-aging benefits.

Radiesse®: TDCOR is North Raleigh's only provider of Radiesse® injectible filler for deep wrinkles and folds. Call our office to find out more information.

Focus on Treatment: Botox® Q & A

What is BOTOX Cosmetic?

BOTOX® is botulinum toxin type A, a purified protein derived from a bacteria that is able to block the nerve signals from the brain to the muscle in which it is injected.

What is it used for?

BOTOX® is most commonly used to temporarily improve the appearance of moderate to severe frown lines between the brows and horizontal furrows above the brow. It can also be used to treat hyperhidrosis or excessive sweating in the underarm skin, palms of hands and soles of feet.

Is it safe?

BOTOX® received FDA approval in 2002 for treatment of the conditions mentioned above. FDA approval is a required indication of the safety and efficacy of a drug product. An authentic vial of BOTOX® Cosmetic is identified by the imprinted "Allergan" hologram on the label. Only BOTOX® manufactured by this company has received FDA approval.

What causes frown lines between the brows?

These stubborn lines result from

repeated contraction of the muscles between the brows. As time passes the skin becomes less elastic creating folds or furrows that persist beyond the actual muscle contraction.

How does BOTOX® Cosmetic work?

BOTOX® enables the muscles responsible for frown lines to relax by blocking the release of a chemical that causes these muscles to contract. This is accomplished by injection of BOTOX® directly into the muscle.

Who should administer Botox?

Dermatologists, plastic surgeons, otolaryngologists, ophthalmologists or other aesthetic specialty physicians are most experienced in administering BOTOX®.

What is the treatment like?

The target area may be numbed with a cold pack or anesthetic cream. The treatment then consist of a few tiny injections into the selected area.

What are the common side effects?

Common side effects include temporary eyelid droop, nausea, temporary headache, localized pain, infection, inflammation, tenderness, swelling, redness, and/or bruising at

the injection site.

Who gets BOTOX®?

Men and women of various ages and ethnicities receive BOTOX®. It is intended for those ages 18 to 65 with moderate to severe frown lines between the brows.

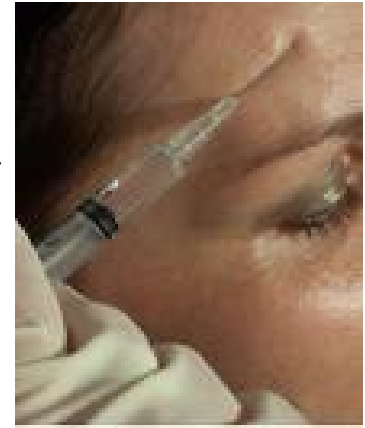
The most commonly treated group is currently working mothers between the ages of 40 and 55.

How soon will I see a difference and how long will it last?

BOTOX® typically takes effect about 3 to 7 days after treatment, with improvements generally lasting 3 to 4 months.

Can I achieve a comparable result with topical creams?

Though beneficial for more superficial skin enhancements, topical creams work on the surface of the skin in contrast to BOTOX® which targets the powerful muscles beneath the skin that actually cause frown lines to form.



“Men and women of various ages and ethnicities receive BOTOX®”



BOTOX®
—Cosmetic
Botulinum Toxin Type A

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Now accepting new patients, call or email to make an appointment!

Phone: 919-573-9030

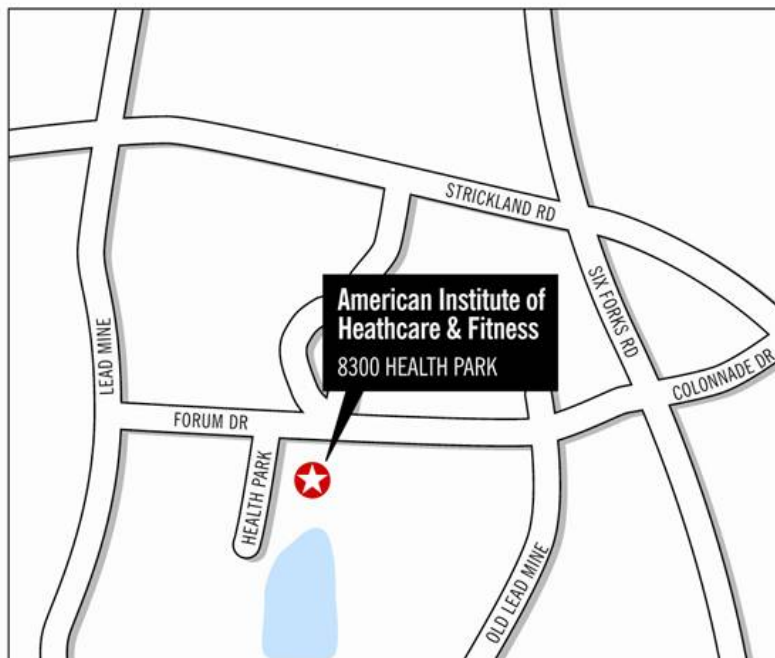
Fax: 919-573-9029

**Appointment request also at
email: appointments@tdcor.com**

**Free childcare available at AIHF while you have your appointment with us.
Mon—Fri from 9:00 am to 1:00 pm**

Convenient parking/building access

**Visit us on the web at
www.tdcor.com**



About Us

Services:

- ***Dermatologic consultation for complicated and common medical dermatology.***
- ***Surgical services to include removal of benign and malignant lesions.***
- ***Cosmetic dermatology:***

*BOTOX® | Restylane® & Juvederm® | Microdermabrasion | Sclerotherapy | Chemical Peels
Laser Hair Removal | Vascular Laser Treatment | Benign Lesion Destruction*

- ***Non-ablative wrinkle reduction, brown spot and broken blood vessel removal***
- ***General medical and surgical dermatology to include skin cancer screenings, mole evaluations, acne, eczema, psoriasis, rashes and general skin consultations.***

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