

54 - Medical Esthetics - Laser Skin Treatments

BioBalance Podcast — Dr. Kathy Maupin and [Brett Newcomb](#)

Recorded on September 26, 2011

Podcast published to the internet on November 4, 2011

Published on drkathymaupin.com and biobalancehealth.com on November 7, 2011.

Dr. Kathy Maupin: Hi. Welcome to BioBalance Healthcast, this is Dr. Kathy Maupin.

Brett Newcomb: And I'm Brett Newcomb and we have a guest with us today, Miss Abbie Calabio who is a Nurse Practitioner and Medical Esthetician at BioBalance Health and we're going to be talking about a whole different section of treatment that's available at BioBalance Health. And Abbie's going to talk to us about it. If you would first, start by telling us what a Medical Esthetician is and a Nurse Practitioner?

Abbie Calabio: I'm actually a board certified Nurse Practitioner and actually there's only one of three of us in the St. Louis area that does specialize in medical esthetics. I do have about 5 years experience in the field of medical esthetics. And basically what I do is provide services such as cosmetic injections and I'm also a laser specialist.

BN: So tell me a little more about medical esthetics. I hear that term and it sounds really significant but I don't know what it does. Are you an artist?

AC: I am.

BN: A medical artist, so to speak.

AC: So medical esthetics combines science and at the same time combines artistry. So when I really approach a client I think about all the science behind what I can do but at the same time it's about really analyzing their face, looking at their features, and thinking about what is it I can do to help improve their looks, really help sculpt their face.

BN: And when you talk about improve their look and sculpting their face you just mentioned injections. Before we started you mentioned to me that it was important to know that the injections that you use are what are called purified proteins. Can you talk a little about that?

AC: One of the purified protein injections that I offer is Botox. And what that is considered the number one selling non-invasive cosmetic procedure out there. What it does is that when we inject that it blasts that signal that causes our muscle to contract. So when it does that, it smoothes out the wrinkle. At the same time what's great about it, it causes a lifting effect. So when it's injected between your brows or around your eyes you really get a more refreshed look. You're more wide awake and it's really helpful for people just to give that lift and kind of brighten the eyes.

BN: So Botox is primarily an upper face treatment protocol.

AC: Exactly. The ideal areas to inject that would be between the brows where people get what they call those elevens and also it's helpful for treating the creases to the forehead and even the areas around the eyes which we call crow's feet. You can even inject minute amounts of it around the lips where people have those vertical lip lines. And even by injecting just a little bit on the top lip you can even lift it up and plump up that lip as well.

BN: So mainly from the nose up and just a little bit around the lip line. And that's Botox.

AC: Right. A good rule of thumb is Botox can be used for the upper face and then we're going to be talking about fillers too and that's primarily used for the lower face.

BN: So if I were to come to you and say "what can you do to help?" What would be the first thing you would do with me?

AC: Well the process begins with coming in and doing a consultation with me. Really the first thing I ask clients when I meet with them is what brings you in? When you look in that mirror in the morning what bothers you? What bugs you? For example, one thing a client would be like, "when I look in that mirror one thing I just cannot stand are the wrinkles around my eyes. So there's definitely a lot of treatments out there that can help, one being Botox. And we also have some great products as well that help build collagen and help smooth out those wrinkles too in addition to the Botox.

BN: Because I have a friend who had a major illness and she is now better but she lost so much weight and she got really gaunt and hollow in her face. And that hasn't improved. Her health has improved but her face just looks a lot more aged and a lot more gaunt. Could you help somebody like that?

AC: Oh definitely. I do see a lot of patients who through dieting have lost a considerable amount of weight. Even 10-20 pounds really can make a difference in all the volume loss you can have in your lower face. So one thing we can do is provide dermal fillers or they're also called facial fillers. There's definitely a lot of facial fillers out there in the market but the two that we offer at BioBalance are Radiesse and Juvederm. Juvederm, what that does, is it's a volumizing filler. It's a calcium based filler that really can help with enhancing the volume, bring that fullness back to your cheeks. So when you inject the cheeks it also has an effect to lift.

BN: Kind of like a jelly filled donut.

AC: Yea. So it lifts, so not only is it improving that volume, it softens these lines, helps with these lines at the same and helps with that sagging and that jowling that a lot of women complain about. So in essence it's kind of like having a liquid face lift.

BN: Which is a non-invasive procedure, doesn't require surgery and lasts roughly how long?

AC: Depending on the filler you use, Radiesse is nice because it does have longevity. So you're looking at sometimes for women, up to a year. There is another filler that we carry and it's called Juvederm. It's hyaluronic gel and that's idea for really injecting these areas what they call the parenthesis.

BN: To fill them in or to heighten the line? Juvederm

AC: To really soften and to fill those lines so they don't look as distinct. And also we can use that Juvederm to fill in that vermilion border or the borders of your lips to give it more fullness.

KM: The whole point of this is to look younger. And if you look at pictures yourself when you were 20 or 30 you didn't have parenthesis, you didn't have wrinkles, your eyes were higher, your eyebrows were higher, your eyelids were more obvious and you had a vermilion border around your lips so they kind of turned up. And those are things that make people look younger. You didn't have any jowls, and you had really full cheeks. That's usually the look of somebody who's very young. And that's what we're trying to bring us back to. We're not trying to bring us back to look like someone else, but to look like ourselves, 10-15-20 years before.

BN: No, and you don't get Tammy Fay Baker eyes, you don't get that look of permanent surprise.

KM: No, that's why you got to Abbie. She's been doing this so long that she has the artist look of your face and she can really make you look like you did before.

AC: So what I really recommend for clients when they first meet with me, is to really bring a picture of yourself from when you were younger. From there I can really see what kind of features you had so I know when I recommend things we're not going to do something that is going to make you different. My approach to treating patients is conservative. I want that client to look natural. I want them to look more youthful.

BN: So not have a plastic face.

AC: No, my goal is to help them defy aging and gravity. I want them to look good and just really feel confident about themselves.

BN: So in fulfilling this goal, couple things you've mentioned. You're one of three in the metropolitan area that is credentialed the way that you're credentialed. You develop a treatment plan which identifies all the concerns and lays out possibilities for that and you ask the patient, what bothers you the most? Where do you want to start? And you just do what they want; you're not selling them anything. You're saying these things are available, we can tweak this see how that makes you feel, with the goal of making you look and feel younger. Feel your best. And then if you want another step you can come in and get another step. Tell me about this new computer thing that you use.

AC: It will show the level of wrinkles that you have, the level of UV damage even if you have issues with redness, it will give a read out of the percentage.

BN: So are there predictive values in that? Can you look at me and say “you’re going to look like a prune in 6 months”? Or is it just a current snap shot?

AC: It’s a current snap shot. And basically what it does, it’s analyzing the client, comparing it to women of their same age and skin type.

BN: So it has this huge data base and it looks at all those things? And then you get a print out?

AC: You do, you get that profile and you actually can take that printout home. And based on your read out, that profile, that’s where we can really talk about and recommend and I can advise them on what would be a great skin care regiment for them. Or what services would really be helpful to help them look younger or help restore.

BN: So I look at that picture and I look at that printout and I talk to you and I say ‘looking at all this I have that 11 o’clock thing because I think so much and it’s hard or because I’ve been depressed much of my life and that’s hard too.’ So that’s an upper face issue and a I have these huge bags under my eyes that’s a lower face issue? And my lips are really prim and prissy and I don’t like that. Can you help me with those things?

AC: Yes, definitely.

BN: Who would I look like? Would I look like me? I wouldn’t look like Ted Kennedy or somebody?

AC: Yes, you’d like you. No, I mean I can make you look like that. But we’re not going to do that. Like I said my approach is really a conservative approach. I want people to look natural. I want them to defy aging and gravity.

BN: So it’s kind of like Grecian formula for the skin. You just tone it back gradually, so that people start to say, you’re really looking good. What’s been happening?

KM: Most patients don’t know what they want. They hear the word Juvederm they hear the word Radiesse. I thought they both did the same thing until we were really educated about it. And I then understood from Abbie that Radiesse is for lifting and lasts longer and it’s mostly is for cheeks and chin and that the Juvederm is mostly for the parenthesis and the lips because it’s a little bit thinner and it doesn’t last quite as long and that’s kind of what you want. But I didn’t know what all those products do, they just hear the names, patients here the names like I did, or they hear the names of lasers they don’t know what they do. They just say I’m coming in to fix something on my face I’m not sure what, what do you think would help me? They want some

guidance. I wanted some guidance when I met Abbie and said what do I do to get rid of this or that. And she did it.

BN: And all of these injectables are purified proteins and they are not animal products where you would have to have allergy testing to know if it would be okay for you to use them.

AC: No, they are perfectly safe. Botox is the purified protein. As far as the fillers go, they are synthetic products that really mimic the natural components in our skin.

BN: And so there's no skin rejection, body rejection issue of a synthetic product. And it eventually will metabolize. You're looking at 3-6 months depending which one you're talking about.

AC: For Botox, the longevity of Botox is 3-4 months. So to really keep up the results you want to be injected about 3 times a year. With fillers they have the advantage of lasting a little bit longer. For Radiesse you can get up to a year and with Juvederm it's about 6-9 months.

BN: So this is really fascinating to me and I hope that it's interesting to you. If it is interesting to you and you have questions about it, you can contact Abbie at BioBalance Health. You can contact Kathy. You can look at my blog which is brettnewcomb.com and reach me through that. Kathy how would they get you?

KM: They would go to our website at BioBalanceHealth.com or they can call my office at 314.993.0963.