Thermage (also referred to as Thermacool) is the latest tool to combat the early signs of facial aging. It is the first non-invasive procedure that tightens skin and renews facial contours to provide a more youthful appearance. Its effects are accomplished gently, without the cost, pain, anesthesia, incisions or recovery time associated with a surgical face lift.

Thermage was first approved by the FDA in late 2002 to lift tissue around the eyes and forehead. In June of last year, it was approved for use on the full face including the jaw line and nasal labial folds (lines that extend from the nose to the corners of the mouth). Dr. Rawnsley of the UCLA Facial Aesthetic Center was among the first doctors in Los Angeles to offer the procedure.

“Thermage is ideal for people in their 30s, 40s and 50s who want to reverse the early signs of aging skin,” said Dr. Rawnsley. “While it’s not a replacement for surgical face lifts, it produces a more youthful appearance that can delay the need for more invasive treatment.”

Thermage uses radio frequency (RF) energy to penetrate and heat tissue beneath the skin's surface. The immediate effect of this heating action is to tighten the underlying tissue.

continued on page 3
Understanding Facial Line Fillers

Over the past few years, several new injectable fillers have become available to reduce the appearance of facial wrinkles caused by aging and skin damage. Some are also used to augment the lips, chin and other facial features.

Unlike Botox, which treats wrinkles around the forehead and eyes by temporarily paralyzing the underlying muscles, injectible fillers employ various natural and synthetic gels and tissues to literally fill in wrinkles and add volume to the face.

So which facial line filler is right for you? Here’s a brief introduction to the fillers offered at the UCLA Facial Aesthetic Center:

**Restylane**

Restylane is a clear, biodegradable gel derived from a natural substance called hyaluronic acid. One of Restylane’s many benefits is that it provides instantaneous and long-lasting enhancement. It has been used since 1996 to treat more than one million people worldwide, and will likely replace collagen as the line filler of choice given that it lasts twice as long and does not require an allergy skin test.

**Artecoll**

Artecoll is an injectable implant composed of tiny plastic spheres that are suspended in a collagen base. It gradually stimulates growth of connective tissue and collagen to provide long lasting correction of wrinkles and other skin depressions. Such spheres have been used for decades in dental implants and other types of prosthesis. Artecoll’s effects last five years or more, depending on the patient.

**Radiesse**

Radiesse is a synthetic, man-made, calcium composite line filler that consists of microspheres similar to those found in Artecoll. The material is based on the same mineral component found in human bones and teeth. Its effects last up to five years.

**Autologous Fat**

Fat injections are performed using a patient’s own fat cells liposuctioned from unwanted deposits on the thighs, abdomen or other fat-rich part of the body. Unlike most fillers, autologous fat implants are intended to be permanent, as blood vessels grow into the fat grafts.

**IN THE NEWS**

**Face-to-Face Project Helps Victims of Domestic Violence**

Dr. Rawnsley is among the first UCLA surgeons to participate in the Face-to-Face National Domestic Violence Project. Sponsored by the American Academy of Facial Plastic and Reconstructive Surgeons (AAFPRS), the project offers surgery, counseling and support services to victims of domestic abuse. As a participating surgeon, Dr. Rawnsley provides treatment at no cost. The goal is to repair the physical scars of past abuse and help women regain the self-esteem they need to rebuild their lives. For his work on this very worthwhile program, Dr. Rawnsley was recently featured on KABC-TV and in the Los Angeles Daily News. More information about the Face-to-Face Project is available by calling AAFPRS at (800) 842-4546.
Medical Hypnosis Improves Post-Surgical Healing

For more than a century, doctors have used hypnosis to help patients improve healing and reduce pain as they recover from surgery. In fact, prior to the advent of modern anesthesia, hypnosis was often the only available form of pain control.

But as anesthesia has improved, new and far more specific uses for hypnosis have been found to be effective in helping patients prepare for and recover from surgery.

Working in synergy with pain medication, hypnosis has been shown to significantly reduce post-surgical discomfort. Further, research has found that it can accelerate healing and decrease inflammation. Most patients also report that hypnosis prior to surgery reduced their anxiety, helping them to better focus and prepare.

Medical hypnosis is very different from more familiar forms of “stage hypnosis,” where the goal tends to involve inducing some sort of abnormal behavior that reflects an altered state of consciousness (we’ve all heard stories about people who are hypnotized to speak with dead relatives or bark like a dog). Medical hypnosis, in contrast, is intended to help the subject achieve a very normal, natural and deeply calm state of mind.

The Mind Body Medicine Group of the Division of Head & Neck Surgery at UCLA is pioneering the research and application of medical hypnosis, including how it can help patients at the UCLA Facial Aesthetic Center. For more information, please contact the UCLA Facial Aesthetic Center at 310-570-0244.

NEW ADDITIONS

Suzanne Ranaudo
Patient Care Coordinator

Suzanne Ranaudo knows how to make patients feel comfortable and at-ease. Aptly described by one patient as “an angel with a sharp wit and a great sense of humor,” Suzanne counsels patients, handles all scheduling issues and, in general, ensures that patients experience the high standard of care they expect from UCLA. She truly approaches her job one patient at a time, providing support from initial consultation through the healing process.

Suzanne grew up in Kansas. After earning a degree in broadcast journalism, she moved to Los Angeles where she worked as a model and actress for nearly 20 years. Her credits include countless print ads and recurring roles on daytime and primetime network television. She also managed her own massage therapy business and worked as a patient care coordinator for a large Beverly Hills aesthetic surgery practice.

Suzanne still enjoys an occasional photo shoot in her free time. She recently appeared along with her two sons in a print ad for a major cruise line. Suzanne can be reached at (310) 570-0244/sranaudo@mednet.ucla.edu.

NEwSbYTES

Aesthetic Procedures Increase Dramatically

Figures released by the American Society of Plastic Surgeons show that the number of aesthetic procedures has risen dramatically in recent years, experiencing a 20 percent increase last year alone. Facial procedures were the fastest growing for both men and women. The three most popular procedures were Botox injections, rhinoplasty and eyelid surgery.

Looking Younger May Enhance Longevity

A facelift will not only make you look younger, it may also add years to your life. That’s the finding of a study comparing lifespans of 250 women who had the procedure between 1970 and 1975 at the Mayo Clinic. The boost in self confidence and self-esteem, along with an overall improved outlook on life, are cited as possible links between aesthetic surgery and lifespan. But researchers caution that the connection between the body and the mind is still not fully understood, and that the health-conscious lifestyle of people who seek aesthetic surgery may help account for the study results.
ABOUT THE UCLA FACIAL AESTHETIC CENTER

The UCLA Facial Aesthetic Center is Southern California’s premiere source for treatment to enhance and rejuvenate the appearance of the face, eyes and neck.

The Center is part of the School of Medicine’s Division of Head & Neck Surgery, and is comprised of full-time UCLA faculty physicians, nurses and staff who specialize in facial plastic and reconstructive surgery. It offers a full range of minimally invasive and conventional treatments delivered with the quality, expertise and innovation that have made UCLA a world leader in medical care. The Center was founded by Jeffrey Rawnsley, M.D., who serves as its director.

The Center is located at 924 Westwood Blvd., Suite 515, and maintains additional surgical facilities at 200 UCLA Medical Center Plaza. For more information about the Center, please contact Suzanne Ranaudo, patient care coordinator at (310) 570-0244/sranaudo@mednet.ucla.edu.

UPCOMING SEMINARS

May 11 – 7:00 p.m.
Hair Restoration Seminar
A live demonstration of the latest techniques to recreate a natural hairline

June 8 – 7:00 p.m.
Youthful Face Seminar
Explore the latest minimally-invasive techniques for treating the early signs of facial aging

July 13 – 7:00 p.m.
Hair Restoration Seminar
A live demonstration of the latest techniques to recreate a natural hairline

All seminars are held on the UCLA campus at 200 UCLA Medical Center Plaza, Suite 550. Please call (800) 825-2631 to RSVP.