



The Health Source

Ruthie Harper M.D.

Your Source for Health, Wellness, and Looking Your Best



Dr. Harper Moves to New Office; Creates New Eye Multivitamin

Dr. Ruthie Harper is a Board Certified Internist who has spent many years developing her unique vision for optimal health.

Dr. Harper has been a practicing physician since 1989 and founded her own medical practice - Nutritional Medicine Associates - in 1999. It has since become one of the most successful and innovative of its kind in the United States.

In her medical practice, Dr. Harper uses the latest advancements in science and nutrition to help people become optimally well. Additionally, she made unique discoveries in nutritional science that combined with extensive skincare research allowed her to create The Laser and Skin Care Clinic and a line of skincare products unlike anything else in the cosmeceutical industry.

February was a very busy month for Ruthie Harper M.D. and her staff at Nutritional Medicine Associates and The Laser and Skin Care Clinic.

While preparing for the move to a beautiful new location at 3901 Medical Parkway in Austin, Dr. Harper also created a new Eye Multivitamin called **Sight Defense MV** that provides her clients with a way to reduce their risk of developing age-related macular degeneration (AMD). To learn more about AMD and Dr. Harper's superior Eye Multivitamin, go to page 2 of this newsletter.

We completed the move to our new location and opened the doors on February 21, providing patients with the same optimal healthcare they have come to know and trust. The new office is aesthetically

soothing to the eye, quiet, and relaxing while providing separate rooms for skincare treatments, laser treatments, and nutritional medicine services.

Along with the new physical location, our clients can also read more about our services and products by visiting our newly designed website at www.ruthieharper.com.

Visitors can learn about The Laser and Skin Care Clinic and Nutritional Medicine Associates as well as

AMD, general eye health, supplements, nutrition, hormones and more. By visiting our website, visitors can sign up to receive important announcements and newsletter emails.

Come by and visit us at our new location at 3901 Medical Parkway, Ste. 100, Austin, Texas 78756. To see a map of the new location, please [click here](#). ■

**Come See
our new office
located at
3901 Medical Parkway,
Ste. 100**

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Age Related Macular Degeneration

Are You At Risk for AMD?



This is how a person with Age-Related Macular Degeneration (AMD) sees the world.

While there is no way yet of repairing the vision that has been lost, the progression of the disease can be slowed if detected early. AMD is the leading cause of vision loss in people over age 65. Eight million people are legally blind from macular degeneration worldwide and as the population ages this number is expected to grow.

Macular degeneration, often called AMD or ARMD (for age-related macular degeneration), is the leading cause of vision loss and blindness in Americans aged 50 and older. With the baby boomer generation now representing an increasingly larger percentage of the general population, vision loss associated with AMD is a growing problem.

Archives of Ophthalmology in 2004 estimated that 1.75 million U.S. residents had significant symptoms associated with age-related macular degeneration, with that number expected to grow to almost 3 million by 2020.

What is AMD?

Age Related Macular degeneration (AMD) is a degenerative disease of the retina that affects a person's ability to see in the center of their vision. It typically affects people over the age of 50 and decreases vision by destroying the macula, which is located in the central and most vital portion of the retina. The macula is responsible for focusing central vision which is needed for seeing fine detail, reading, driving and recognizing facial features. This disease affects 10 million Americans and robs them of their precious sight.

There are two types of macular degeneration: **dry** and **wet**. Approximately 90% of people with this disease have the dry type while 10% have the wet type. However, 90% of the visual loss associated with this disease is related to the wet type.

In the **wet type** of macular degeneration, visual loss occurs when abnormal blood vessels grow and leak into the space beneath the retina. Components of the blood are toxic to the retina, destroying the cells which are exposed to it.

The **dry type** of macular degeneration accounts for only 10% of the people who lose their vision and is related to deterioration of

the retina from lack of sufficient nourishment. This causes deposits of abnormal fatty substances called drusen to form which destroy the retina and the ability to see.

Risk factors associated with AMD include

- Smoking
- Obesity
- Age over 50
- Fair skin
- Light colored eyes
- Diabetes
- Family History of AMD
- Sun exposure as a child
- Lack of exercise
- Poor dietary intake of antioxidants and essential fatty acids

To find out if you are at risk for AMD, take the test on page 5.

Treatments for Wet Macular Degeneration

The treatment of macular degeneration began with thermal lasers almost 20 years ago. This therapy destroys the abnormal blood vessels growing under the retina to stop progression of this disease. The side effects of this therapy include destruction of the overlying healthy retina in addition to the abnormal blood vessels lying beneath it. This can lead to visual loss from the treatment itself. The recurrence rate of the disease with this therapy is approximately 50%.

Photodynamic therapy (PDT) was FDA-approved 5 years ago to improve upon the existing treatment for AMD. This therapy is based upon specific medicine that absorbs light. This medication is injected into a patient's vein and accumulates in the abnormal vessels in the retina. Once accumulated, light is used to selectively close these abnormal vessels. This therapy is effective only 60% of the time in delaying the progression of disease and almost never increases vision for the patient.

A year ago, the FDA approved a new form of therapy for AMD that destroyed abnormal blood vessels by stopping a growth promoter for these vessels known as VEGF. This therapy now includes a group of drugs including- pegaptanib (Macugen, Eyetech), ranibizumab (Lucentis, Genentech), and bevacizumab (Avastin, Genentech). Macugen has

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been found to stop progression of the disease but has not been found to be effective in regaining sight. Lucentis is not yet FDA approved for use in macular degeneration but shows promise for the future. Avastin is available only as a last resort therapy, as it is not FDA-approved for use in macular degeneration. Other therapies currently under investigation include anti-MRNA therapy and gene therapy.

Treatment for Dry AMD

Current Treatment for dry macular degeneration includes only one drug called anecortave acetate (Retaane, Alcon), which has been designed to prevent the conversion from wet to dry macular degeneration. This therapy is based on this drug's ability to inhibit blood vessel growth. It is investigational at this date and is used only in clinical trials.

Supplements to Prevention AMD

In 1988, a study was conducted using zinc to determine its effect on the progression of AMD. It was believed that multiple factors made the retina exceptionally vulnerable to the effects of free radicals and that antioxidants could guard against this free radical threat. Zinc was chosen because it helps keep antioxidant systems healthy and working in the body. Although this study was small, it showed that zinc and its supportive effects on antioxidant function has a significant ability to slow the formation and progression of AMD.

This launched an investigation in which the frequency of consumption of different foods in the American diet was studied, including fruits, vegetable, and healthy fats, to determine their effect on the development of AMD. It was found that people who consumed higher levels of antioxidant rich foods and lower levels of unhealthy fats had a lower risk of progression of this disease. This led to the AREDS study, a large study published in 2001 with 4,753 participants. The AREDS study looked at the effect of Vitamins A as betacarotene, vitamin C, vitamin E, zinc and copper on the progression of

AMD. These antioxidants were found to have a significant role in decreasing the rate of progression of AMD, establishing the role of antioxidant therapy in AMD.

At the University of Utah, Paul Bernstein MD, PhD used Raman spectroscopy to measure the amounts of certain antioxidants called carotenoids in the retina. He found that people with AMD have lower levels of lutein and zeaxanthin (part of the carotenoid family) than people without AMD. He also found that if he supplemented the diets of people with lower levels of antioxidants with lutein, he could cause the levels of carotenoids in their retina to return to normal.

Because the retina is rich in healthy fats, a number of studies have been done to determine the relationship between dietary fat and AMD. These studies have shown that the more intakes of healthy omega-three fats an individual consumes the lower their risk of AMD. Conversely, the more trans fats (unhealthy fats) the individual consumes the higher their risk of AMD.

Why Supplements Work

The retina is the most highly active organ in the body, meaning that it uses more energy than any other organ. In the human body, the higher the energy use, the greater the amount of free radicals formed by that organ and the greater the need for antioxidants. Also, the retina is exposed to additional free radicals from sunlight on a daily basis as it does its work of creating vision. Sunlight, through its blue light and UV spectrums, is known to be a free radical generator.

However, both lutein and zeaxanthin are believed to protect the retina by absorbing light that damages the retina and quenching free radicals that can decrease our vision. Lutein can specifically filter out the blue wavelengths of light from the sun, shielding the retina like a pair of sunglasses. For this reason, these and other antioxidants consumed through the diet or through supplementation

can have a significant effect on preventing visual decline in AMD.

The retina is composed of healthy fats (called PUFA's) and these fats, because of their molecular make up, are especially susceptible to free radical damage. The fatty building blocks that make up the retina are turned over or recycled frequently, creating a crucial need for building blocks from an individual's diet. Unfortunately, the average American diet is low in these PUFA building blocks.

Because the molecular structure of the retina relies heavily on both antioxidants and healthy fats for optimal function, these nutrients are critical in our diet for optimal function. Therefore, because most of us have less than optimal nutrition, supplementation with vitamins, nutrients, and healthy fats becomes critical to supporting a healthy body.

Lower Your Risk of AMD

Stop smoking to lessen the amount of free radicals that your body creates and increase the amount of antioxidants available to protect your retina

Lose weight to lessen the amount of free radicals you create.

Exercise to improve the detoxifying ability of your body

Take a quality supplement that provides a basic multivitamin along with specific antioxidants in amounts that are known to benefit the retina. Your product should also include essential fatty acids (EPA and DHA) that are free from toxins such as heavy metals.

Wear sunglasses and hats to limit exposure to damaging rays of the sun

Avoid food high in trans fats which compete against healthy fats in the body. Instead use omega-9's (olive oil and nut and seed oils).

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Eat healthy omega-3 fats from fresh, cold water fish (salmon, mackerel, herring, cod, and sardines). Larger than your platter as the larger the fish the greater the tendency to accumulate heavy metals.

Eat brightly colored foods rich in antioxidants frequently and in variety (Tomatoes, peppers, spinach, kale, and berries as examples).

If you have the early stages of AMD, use your **Amsler grid** on a daily basis to follow your vision. To learn more about the Amsler grid, and to download a printable copy, [click here](#).

To help our patients follow the guidelines for AMD prevention, Dr. C. Armitage Harper, III has created an **AMD Prevention Pyramid chart**, which can be downloaded by [clicking here](#). The AMD Prevention Pyramid describes the best procedures and practices to follow in order to prevent AMD or slow down its progress.

Why Our Supplement is the Best

We have selected **pharmaceutical grade ingredients** in concentrations and combinations that have a meaningful effect on the retina. Our

products have been formulated by doctors for doctors and their patients.

We use **vegetarian capsules (V caps)** which are more easily digestible in the body ensuring that you both digest and utilize the nutrients you take. Undigested nutrients waste money and miss on the ability to provide protection for the individual taking the product. Studies have proven that individuals 50 and over lose their ability to digest tablets and gelatin capsules as they age. Since the risk of AMD is predominantly in this age group, the use of V Caps becomes essential. As a general rule for individuals choosing to take supplements we recommend that "if you can't squeeze it you can't digest it."

We use **enteric coated fish oils** (EPA and DHA) and which have the added benefit of breaking down in the intestine instead of the stomach. This prevents indigestion sometimes associated with fish oil supplementation. Every batch of our fish oils has independent third part analysis to ensure that our products are free from heavy metals such as mercury lead and PCB's. This also ensures the

freshness of the essential oils and protects the consumer from the risk of consuming rancid or damaged oils which can decrease your vision.

Our product is packaged for **physician and patient convenience** in pre-made packets that provide you with everything you need on a daily basis. With our product, there is no need to take an extra multivitamin or added essential fats - we have done all the work for you. In fact, using our product prevents the over dosage of nutrients that often occurs when adding a multivitamin to an eye health formulation. By taking one packet twice daily you can be assured that all of your general and eye health needs are being met.

Because our product contains betacarotene, we do not recommend that you take it if you smoke. If you do smoke, we encourage you to quit smoking today and begin to take our supplements to improve your health and your vision.

To learn more about the ingredients in this convenient and powerful supplement, please [click here](#).

The AMD Prevention Pyramid



What Is The AMD Prevention Pyramid?

The AMD prevention pyramid is designed to provide you with a plan that could delay, and even prevent, age-related macular degeneration.

The plan is based on documented scientific research studies and calls for a change in everyday behaviors, diet, and habits to achieve optimal eye health.

Each element of the pyramid is described in a printable document, which can be downloaded by [clicking here](#).

Take the test you can take to your doctor

Are You At Risk For Age-Related Macular Degeneration?

Take the following AMD Risk quiz, and then add up your points according to the instructions below to find out if you are at risk.

1. When it comes to smoking, I
 - a. Am a nonsmoker.
 - b. Smoke socially.
 - c. Smoke everyday.
2. When considering my weight, I would say that I am
 - a. Appropriate for my age, height, and body frame.
 - b. Am about 5 to 19 pounds overweight.
 - c. Am 20 or more pounds overweight.
3. My age range is
 - a. 31-40.
 - b. 41-50.
 - c. 51 or older.
4. My eyes are
 - a. Dark brown.
 - b. Light brown or hazel.
 - c. blue.
5. As a child or young adult, I was exposed to the sun
 - a. Very rarely or not at all.
 - b. Occasional: road trips or playing outside.
 - c. Everyday.
6. When it comes to exercise, I
 - a. Exercise at least 5 times a week.
 - b. Exercise 2-3 times a week.
 - c. Exercise 1 time a week or less.
7. My diet consists of
 - a. Eating 5 fruits & vegetables daily.
 - b. Eating fruits & vegetables occasionally.
 - c. Eating fruits & vegetables almost never.
8. My dietary intake of fats comes from souces like
 - a. Nuts, fish, olive oil.
 - b. Low-fat, processed foods.
 - c. Margarine, fried foods.
8. My history of diabetes includes:
 - a. I do not have it; it doesn't run in my family.
 - b. It runs in my family; I've never been tested.
 - c. I have been diagnosed with diabetes.
10. My family history of age-related macular degeneration (AMD) includes
 - a. No one in my family has ever had AMD.
 - b. A paternal/maternal relative of mine has AMD.
 - c. Someone in my immediate family has AMD.

Scoring Your Quiz

How to score your quiz:

- For every question you answered "A," give yourself **0 points**
- For every question you answered "B," give yourself **5 points**
- For every question you answered "C," give yourself **10 points**

Results Summary:

The higher your score, the more at risk you are of developing AMD. Take this quiz with you when you visit your eye doctor and discuss the results. Together you and your doctor can help eliminate or reduce your risk factors and discuss ways to decrease your risk of visual loss.

Sleep, a Critical Part of a Long, Healthy Life

Millions of people suffer from sleep deprivation due to insomnia, sleep disorders, or other sleep disruptions. If you haven't had a good night's sleep, you're likely to pay for it – and the price may be high. Without sleep, people feel tired, irritable, depressed, stressed, and unable to concentrate. They are at greater risk for accidents, reduced work performance, and their relationships can suffer too.

To make things worse, research shows that people who don't get enough sleep every night are more likely to have weakened immune systems, become obese, and develop type 2 diabetes and hypertension. The Harvard Nurses's Health Study published in the January 2002 issue of the Archives of Internal Medicine found that women who don't get enough sleep are at an increased risk of developing coronary heart disease – the number one killer of women.

What is a Good Night's Sleep?

Sleeping deeply and waking up refreshed is a prerequisite for good health. A good night's sleep plays a critical role in our immune system and helps us fight diseases such as cancer.

Sleep is actually a dynamic process with three distinct stages ranging from light sleep to deep sleep and, finally, to rapid eye movement (REM) sleep. A complete cycle takes 90 to 110 minutes on average.

According to the National Sleep Foundation, nearly seven out of 10 Americans experience frequent problems during one or more of the three sleep cycle stages, although most have not been diagnosed. Our stressful lives, work pressures, and aging are the primary reasons many people have sleep disorders. In fact, many health professionals now believe that sleep disorders are the number one health problem in America.

However, reaching for prescription medication is not always the best choice. Many of the typical "knock out" products including sleeping pills and tranquilizers shut down the brain and actually prevent the mind from relaxing and recuperating, which is why many who take such medications will awaken feeling groggy. Also, these medications

have side effects and can be addictive. Fortunately, there are natural alternatives to prescription sleep medication.

Natural Alternatives to Prescription Medications

A complete restorative sleep cycle happens in stages, which makes all of the stages of sleep important if you are to achieve optimal benefits from it. The following ingredients have been recognized to interact synergistically in providing a restful, quality sleep.

Vitamin B complex – to help induce sleep and support important biochemical reactions in the body.

Valerian root extract – a relaxant herb known to have calming effects on the nervous system.

Magnesium – to assist in cellular activity and offer relaxation for sleep maintenance.

Melatonin – Melatonin is naturally released by the body's pineal gland to promote deep, calm, sleep and to keep the circadian cycles in tune. Circadian rhythms dictate your sleep and wake schedule, which can be disrupted when traveling or under great stress. Studies show that taking one to three milligrams of melatonin about 30 minutes to an hour before going to bed helps provide restful, stage four reparative sleep. Melatonin has been found to help your body acclimate to a globe-trotting sleep schedule and to reestablish normal sleep patterns in these circumstances.

L-theanine – creates a sense of relaxation by reducing stress and anxiety and plays an important role in a naturally deep and restful night's sleep. A recent clinical trial conducted at the National Institute of Mental Health in Japan has proven L-theanine's ability to promote quality sleep. When taken before bedtime, it enhanced the quality of actual sleep of all the test subjects.

5-hydroxy-tryptophan – this natural supplement converts to serotonin in the brain. Studies show that taking 50 milligrams on an empty stomach an hour before going to bed enhances the quality of sleep.

Antioxidants – Oxidation ages things and people. It rusts iron, turns apples brown, and creates sun spots on your skin. Antioxidants help support the

immune function and can "mellow out" small irritations and restlessness at night. An effective antioxidant could help to restore the body's internal equilibrium during sleep and promote the calm that helps to initiate deep, restful sleep.

During March, you'll receive 10% off melatonin or theanine when ordering three or more bottles of these products.

The forms and suppliers of these products have been specifically selected by Dr. Harper and have been clinically tested in her practice for safety and efficacy.

Create a relaxing place to sleep

Whatever you sleep on, it should be comfortable and meet your needs for support and rest. Bedding should be warm enough, but not too warm so that you wake up in the middle of the night. Your bed should be positioned so that you receive an optimal dark and quiet environment. In other words, don't put your bed next to the window if a street light beams through it at night and don't place your bed next to a wall that is shared next to someone who is noisy late at night.

Be sure to turn off all the lights in your room and turn your clock away from you so you don't stare at it during those nights when sleep doesn't come easily. If you like a little background noise, invest in a white noise generator and place it about six feet from the bed. If noise bothers you, keep a pair of earplugs on the nightstand next to your bed or place them in your ears before going to bed.

Keeping your room too warm can cause you to wake up in the middle of the night. Most people sleep better in a cooler room, from 65 to 68 degrees Fahrenheit.

Considering you should be spending a full third of your life sleeping peacefully in your bedroom, you can see how important it is to spend that time getting a good night's sleep instead of spending that time tossing, turning, and glaring at the clock all night. If you are having trouble sleeping, contact Dr. Harper so that she and her staff can get you on the road to optimal sleep. ■

A Comprehensive Approach To Total Skin Rejuvenation



Laser skincare therapy has become an increasingly popular method for regaining healthy, youthful skin, and for good reason. Lasers are proven to be beneficial not only for hair removal but also for rejuvenating the skin by stimulating new collagen and elastin formation and

reducing red and brown discoloration which robs your skin of its youthful appearance.

But like most cosmetic treatments, laser therapy should only be undertaken as an informed consumer with a good bit of research under your belt. Knowing which lasers to use for which desired results and having a qualified laser operator performing your treatments are critical to getting good results. If either of these critical elements is left out, you may find yourself having spent money without getting the results you desired, or even worse with permanent problems as a result of improper laser care such as scarring of the skin or loss of the normal pigment of the skin.

At The Laser and Skincare Clinic, we understand how overwhelming it can be to pick the right treatment for the results you desire. Below are some tips to help you find out if laser therapy is right for you. We've included the most up to date facts on exciting new laser treatments to help you decide which treatments might get you the results you are looking for.

What is Laser Therapy?

Without getting into a complicated discussion of the physics of light, laser therapy is a treatment delivered to the skin using a handheld device which emits a particular wavelength of light or energy. Depending on the wavelength or strength of the energy used, various things can be accomplished in the skin including permanent removal of hair, creation of new healthy skin by stimulating new collagen and elastin formation and reduction of red and brown pigments of the skin related to sun damage. Because the laser emits energy and heat, it is very important that the laser be used

by an experienced laser technician. Done correctly, laser is a simple technique that's easy to administer, and is relatively pain free.

Laser therapy is proven effective in removing unwanted hair, improving sun damaged skin, rejuvenating and tightening skin, reducing wrinkles and scars, treating acne and acne scars, and reducing the appearance of veins.

Laser Hair Removal

Tired of shaving? With laser hair removal, you can forget about shaving, tweezing, or waxing. We have selected a particular type of laser that is capable of reducing not only the dark colored hair that is present on your trunk, arms and legs, but also the fine fuzzy hair that many women develop on their face as they enter perimenopause and menopause. Our laser treatments are fast and convenient, requiring no messy creams or gels, no pretreatment waxing, and no needles. Clinical studies show that the best results are achieved with five or more scheduled sessions.

Improving Sun Damaged Skin

Intense Pulse Light (IPL) helps to improve the appearance of sun damaged and hyperpigmented skin. Age spots, broken capillaries, and other imperfections are reduced, resulting in smoother, clearer, and more youthful looking skin with virtually no downtime. The excess brown and red discoloration of our skin that develops as we age can be reduced with this amazing technology.

Skin Rejuvenation, Wrinkle Treatments, Stretch Marks, Scar Reduction Treatments

Our state-of-the-art GentleYag laser targets darker pigmented lesions, spider veins, and other irregularities, such as stretch marks and scars. Also, its energizing effect stimulates new collagen production for firmer, plumper skin. This treatment helps eliminate fine wrinkles and delivers a more youthful, healthy appearance to the skin.

Acne/Acne Scar Reduction Treatments

Our GentleYag laser treatments safely target collagen in the upper dermis, stimulating new collagen formation. New collagen can improve the appearance of acne scars by

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reducing their depth and softening the edges of the scar.

Vein Treatments

Treated with our GentleYag laser, this treatment is designed to reduce visible spider veins and broken capillaries. Within weeks of treatment, blood vessels will fade, leaving smooth and younger looking skin.

Choosing the Right

Laser Therapy Clinic

Because lasers can be dangerous when placed in the wrong hands, it is important to find a professional and reputable clinic with well-established, professionals performing your services.

At the Laser and Skin Care Clinic, we have a highly trained, experienced, and certified laser technician who works together with Ruthie Harper M.D. to help you achieve optimal results using the best treatments and lasers available. Our lasers were highly researched and are from the laser industry leader, Candela.

Why Do We Use Candela Lasers?

Candela Corporation is the market leader in the development, manufacturing and distribution of medical and aesthetic lasers and light-based technologies. Since 1970, Candela has pioneered the innovative clinical solutions that enable physicians, surgeons and personal care practitioners to better meet the needs of their patients.

Candela's product line is the most comprehensive and technologically

sophisticated line of aesthetic laser and light-based systems in the world. The products are used for: hair removal and permanent hair reduction; wrinkle reduction, skin tightening and rejuvenation; the treatment of vascular lesions such as facial and leg veins; psoriasis, scars, rosacea, and red birthmarks; and pigmented lesions including age spots and freckles, and acne.

Candela's Ground-Breaking Advances Include:

- First laser system to treat facial veins without skin injury.
- First vein treatment laser cleared for use on children.
- First alexandrite laser for pigmented lesions.
- First effective pulsed dye laser treatment of hemangiomas, scars and warts.
- First multi-wavelength long-pulse dye laser for treatment of leg telangiectasia (spider veins).
- First laser with a clearance for non-invasive treatment of acne and acne scars.
- First and only hair removal laser with integrated Dynamic Cooling Device (DCD) at an affordable price.
- First and only pulsed dye laser with DCD with a clearance for wrinkles.
- First and only DCD for epidermal protection in vascular lesion treatment.

What is a Gentle YAG?

The GentleYAG is the fastest and most powerful Nd:YAG laser on the market today. It effectively treats all skin types, including tanned skin, offering unmatched treatment capabilities in permanent hair reduction, leg veins, facial veins, wrinkles and skin tightening.

It can be safely and effectively used on dark, tanned, and light skin. Five to eight treatments are recommended for optimal results. Treatments are repeated anywhere from four to eight weeks depending on the area being lasered..

What is an Ellipse I²PL?

The Ellipse I²PL represents the next generation in Intense Pulsed Light technology. The I²PL features Candela's exclusive Dual Mode Filtering, eliminating exposure to harmful wavelengths and reducing treatment times while maximizing results and comfort for the client.

There has never been a more sophisticated IPL for skin rejuvenation including evening out pigmentation, treatment of diffuse redness, and eradication of brown age spots.

Why should you choose The Laser and Skin Care Clinic?

At The Laser and Skin Care Clinic, Dr. Harper and her staff use the highest quality Candela lasers. Dr. Harper employs only highly trained and certified staff who put their patients and their patient's safety as their first priority.

Additionally, Dr. Harper and her staff can integrate other modalities that effectively fight aging and improve the appearance of your skin including restylane and botox for longer lasting and superior results.

Together with our top-of-the-line cosmeceutical skincare products and treatments as well as our skin care supplement recommendations, your skin can receive total rejuvenation from both the inside out and the outside in. ■

Laser Treatment Special For the Month of March

During the month of March, clients of The Laser and Skin Care Clinic can receive 15% off the price of any laser treatment. Be sure to attend the NO Nip/Tuck Night March 28th from 5:30 to 6:30 for discounts, specials, and fun giveaways!