



## **DR. ROBERTA PALESTINE CELEBRATES 25 YEARS AT THE DERMATOLOGY & CLINICAL SKIN CARE CENTER**

**Q:** Dr. Palestine you recently celebrated 25 years at the Dermatology & Clinical Skin Care Center--congratulations and can you tell us a little about how you decided to open the center in Bethesda?

**A:** The field of dermatology has grown tremendously over the past 2 decades, and especially in the past 10 years. With all of the advances in medical, surgical, and cosmetic dermatology, the idea of having a comprehensive center with expertise in all areas of dermatology under one roof filled a need for the D.C. metro area.

**Q:** Do you have any advice on some things we can do ourselves to keep our skin from showing its age?

**A:** By far, the most important thing is sun protection – and it's so easy to do! Beyond that, we now have effective anti-aging products with real science behind them, not just pretty packaging. And the minimal to no downtime procedures are now used in various combinations to give significant improvement, yet in a subtle, natural-looking way. There are many options now to reverse the effects of sun damage that was sustained long ago, before we were so aware of the dangers of too much sun exposure.

**Q:** And once we've done everything we can but feel we'd like to take the next step in cosmetic dermatology are some of the most exciting new procedures that don't require surgery?

**A:** Actually, we specialize in these non-surgical procedures. We can re-surface the complexion with Fraxel laser, and this can be performed anywhere there is sun damage and other aging changes, not only on the face. We frequently treat the neck, chest, hands as well as elsewhere on the body. We also tighten lax skin non-surgically on the face, neck, abdomen, buttocks, etc, with Thermage. These two procedures are very popular, along with Botox to smooth out wrinkles on the forehead, frown and crow's feet area, and dermal fillers and volumizers to soften lines around the mouth, enhance lips, and add back volume elsewhere in the face that results from the aging process.

Q: For those who are interested in something more in terms of improving their looks you also have a plastic surgeon on staff, what procedures do you offer for the face and body?

A: We offer the full array of plastic surgery procedures, and because we have a comprehensive center, we can offer all the various options and customize the best course of treatment of each individual.



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