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## VIEW FROM THE TOP

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**W**ould you like to have healthier-looking skin? It might make sense to consult medical professionals who specialize in helping you look your best.

Ann E. Lott, MD, is Board Certified in Dermatology, and Pamela Peterson is a Licensed Aesthetician. They bring years of experience and extensive training to their practice, the Cosmetic Dermatology and Laser Center (CDLC). "If I could pick one word for us, it would be experience," says Dr. Lott, who has been practicing dermatology for 31 years. "This is not only our field, it's our passion."

Dr. Lott has been on the cutting-edge of new developments in the field of cosmetic dermatology. She says she did the first training in chemical peels, and she received one-on-one training in Botox from the inventors of the treatment during their first instructional course. Dr. Lott has worked with lasers since the 1980s, and she uses state-of-the-art techniques and equipment. "When I learn a new technique, I'll go for training four or five different times to make sure I'm comfortable with it," she says.

Dr. Lott describes herself as a voracious reader who loves learning. She loves what she does, and that's the reason why she isn't planning on retiring anytime soon, she shares.

Pamela has worked as an aesthetician for 14 years, and she says she was the first aesthetician to work in a medical office in Lincoln. Pamela's former experience as a teacher instilled in her the importance of education. "I use my background in education to teach people about their skin," she says.

Because the two women work as a team, they provide more than just basic skin care; they perform medical evaluations and treatments as well. If Pamela notices something unusual about a client's skin, she consults Dr. Lott, who can then examine the skin and do further tests and biopsies if necessary. "We're focused on what you see in the mirror that you don't care for," Dr. Lott explains. "But while that's our main focus, I'm still a dermatologist. I'm always looking for worries. Even though I'm treating someone from a cosmetic standpoint, I'm also thinking medical."

Pamela and Dr. Lott provide all the care at their clinic, creating a small and intimate treatment center where they know their clients by name and pay attention to what they want.

"People want to know what they can do to take care of their skin," Dr. Lott explains. "They don't like birthdays having an effect on what they see in the mirror." Most people have abused their skin by unprotected sun exposure, so the first thing Dr. Lott suggests is an effective home care routine with good-quality products that include both UVA and UVB sun protection.

CDLC carries several products, including Colorescience Mineral Cosmetics, which are only available through a medical office. Colorescience contains very few additives, and it has been endorsed by the American Cancer Society because every product has an SPF of at least 20. A prescription skin care program is also provided when necessary.

Many clients benefit from regular facials, in which Pamela applies an exfoliating masque and a steam treatment. She massages the face, neck, and décolleté; she performs any needed blemish extractions; and she finishes with an antioxidant serum, a moisturizer that's appropriate for the client's skin, and a sunscreen.

Client Barbara Moss sees Pamela for a facial on a monthly basis, and she says she appreciates Pamela's knowledge and profes-

sionalism, as well as the comfortable, relaxing atmosphere at CDLC. Although Barbara is 75 years old, people comment that she looks much younger. She attributes this to the regular facials she receives, as well as the quality skin care products she uses that Pamela helps her select. "A facial is good for my soul," she says. "It's a combination of mind and body. I feel better after I've been there, but it also keeps my skin younger-looking. I think it's clearer with fewer lines."

In addition to good home care and regular facials, people often want additional medical care to help them look their best. CDLC performs the latest procedures with up-to-the-date technology and careful attention to detail, Pamela comments.

Lasers have revolutionized skin care. One common treatment Dr. Lott provides is the V-Beam, which is a vascular laser that treats red skin without bruising. She says it helps decrease wrinkles, scars, and dark circles under the eyes. The Gemini Laser unit combines two lasers and helps reduce pigmentation (age spots, freckles, and Melasma), and it also provides a tightening or toning effect. It's great for treating unsightly veins and acne, Dr. Lott says.

The "latest and greatest" in laser treatment is the Fractional CO2 Laser, which goes by the trade name Pixel Perfect. The procedure is said to provide the same results as laser resurfacing without the downtime involved. The pulse is broken into tiny "microwounds," leaving normal skin cells in between, which vastly speeds up healing time. Dr. Lott states that this treatment fills in acne scars, smoothes lines and wrinkles, blends uneven pigmentation, and shrinks the appearance of pores, often resulting in dramatic improvements after just one treatment.

Injectables and fillers can soften wrinkles and reduce frown lines. Dr. Lott says she keeps up-to-date on the newest injectable products, updating her Botox training at least twice a year. She also uses fillers such as Juvederm, Restylane, Perlane, and Radiesse.

Microdermabrasion treats uneven color, dull skin texture and tone, acne, acne scarring, clogged pores, and blackheads. Dr. Lott adds that CDLC is the only clinic in Lincoln to offer the SilkPeel system (known as the "Cadillac" of microdermabrasion), which uses a crystal-free diamond tip for exfoliation and infuses a customized solution onto your skin.

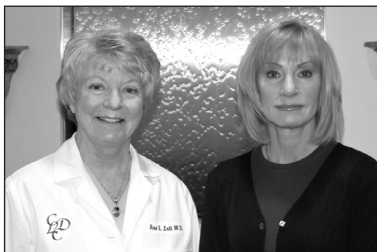
Chemical peels are often combined with other treatments to improve skin quality. Superficial peels have no downtime and are performed in a series of four to six treatments. Although medium-depth chemical peels have a downtime of five to 10 days, they are said to provide amazing improvements. Other treatments CDLC provides are Tumescant Liposuction, Thermage, and the Sclerotherapy leg vein treatment.

Client Karen Maddox has struggled with acne all her life and also suffers from rosacea. Since discovering CDLC two years ago, she says she has seen dramatic improvements in her skin, which has in turn improved her self-confidence. Karen has had microdermabrasion and the SilkPeel, as well as three laser treatments (V-Beam, Gemini, and Fractional CO2), and a Melanage peel. "Dr. Lott and Pam gave expert care with truly noticeable results," Karen says. "I felt like they really guided me to the treatments and products that met my particular needs. I'm still amazed at all the improvements I've seen in my skin."

The Cosmetic Dermatology and Laser Center is located at 2900 S. 70th Street, Suite 450. For more information, call 483-1111 or visit [www.cosmeticdermatologylincoln.com](http://www.cosmeticdermatologylincoln.com). **WE**

### COSMETIC DERMATOLOGY AND LASER CENTER

By Marcia W. Claesson



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