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Dr. Normand Miller, the Medical Director at the Aesthetic & Vein Center MD, received his M.D. from Laval University in Quebec City, Canada. After a surgical residency at McGill University in Montreal, he completed a two year fellowship in Vascular Surgery at Englewood Hospital, New Jersey.

Over the last few years, Dr. Miller concentrated his expertise on the treatment of vein disease and focused on the expanding field of Aesthetic Medicine. He is a member of the American Academy of Cosmetic Physicians, the American Society for Laser Medicine and Surgery and the American College of Phlebology. Dr. Miller is also a Fellow of the American College of Surgeons and is Board Certified in Vascular Surgery.

Tips & Tricks for Summerlicious Skin



Summer's coming - time for long, lazy days, fun in the sun and effortless beauty. Follow these six easy guidelines, and your skin will look fresh and young all season.

1. Protect yourself from the sun. Use a broad spectrum sunscreen whenever you're outside. Wear hats - fashionable, of course! - to keep direct sunlight off your face.
2. If you smoke, quit. If you don't smoke, congratulate yourself! Smoking impairs the skin's ability to receive life-giving oxygen through interaction with oxidants.
3. Consider regular facial treatments for your skin such as a Derasweep or a light chemical peel (Obagi Radiance peel). It is very important to maintain a healthy skin in the summer. While you're outside enjoying the nice weather, your skin tends to suffer more. By having monthly treatments, your skin will remain fresh and hydrated.
4. Get enough rest. When you feel tired or rundown, inflammation increases, causing a dull, puffy look.
5. Get moving! Any activity that speeds your heart rate or produces a sweat will increase oxygen to your skin, helping deliver necessary nutrients. Your skin will glow after your workout, and the endorphins rushing through your body will keep you energized!
6. Use the right skin care products. Using products formulated for a different skin type can actually harm the skin.

Aesthetic & Vein Center MD offers top quality skin care lines and can recommend the right products for you.

To schedule a complimentary consultation where we will assess your needs and recommend the appropriate products for you, please call our office at 877-902-FACE (3223).

As part of his commitment to providing the best possible care for his patients, Dr. Miller first mastered the technique of skin laser. He then spent time with Dr. McQuillan of The Ageless Aesthetic Institute for the use of Botox and dermal fillers, and with Dr. Roman Chubaty of the International Mesotherapy Lipotherapy Society for LipoDissolve.



In order to optimize his results in the art of Body Shaping, Dr. Miller originally trained under Dr. Jeffrey Klein, the inventor of Tumescant Liposuction Totally by Local Anesthesia, and then under Drs. SantAntonio and McQuillan of the SA Body Sculpture Institute. More recently, Dr. Miller has invested his energy in Laser Assisted Lipolysis, using the most sophisticated technology of SmartLipo MPX. For that purpose, he trained with two of the plastic surgeons who have the most experience with SmartLipo in North America, Dr Mulholland from Toronto, Canada, and Dr Theodorou from New York.

Stay Wrinkle-Free - and Save!

As an incentive for users of Botox Cosmetic and Juvederm to keep up to date with their treatments (and maintain smooth, wrinkle-free results) the manufacturer of those products offers special savings in the form of rewards programs.

Patients receive exclusive offers and invitations when they join the Brilliant Distinctions program run by the product's manufacturer, Allergan.



Botox treatments take about 15 minutes. Shortly thereafter, Botox begins blocking nerve transmission to specific muscles, putting those muscles to rest. That causes wrinkles in the affected muscles to soften and often disappear. The full effects of Botox appear within 2 to 10 days after injection and results last approximately 3 months. One of the greatest benefits of Botox treatment is that there is no downtime. Patients can go back to their normal routine immediately.

FDA-approved Juvederm is a gel containing hyaluronic acid, a naturally occurring substance in the skin that helps to add volume and hydration. This reduces the appearance of wrinkles, particularly around the nose and mouth. It is gently placed under the skin to provide a smooth, natural look and feel - so everyone will notice (but no one will know)! Juvederm is a very popular filler, particularly for lip enhancement.

To learn more about the Brilliant Distinctions program, ask us a question about Botox or Juvederm, or to schedule an appointment, please call our office at 877-902-FACE (3223).

Bodies of All Sizes Can Now Be Sculpted

Until recently, there was no quick and effective way to sculpt the body. Older technologies like liposuction and bariatric surgery could address relatively large deposits of fat, and conventional plastic surgery could reshape different areas, but there was no way to refine the body's contours in a way that didn't require weeks of healing

As Medical Director of the Aesthetic and Vein Center MD, Dr. Miller is always available on the premises.

He is supported by caring and knowledgeable staff, including a team of Aestheticians and Nurses, who all have an extensive background experience in their respective fields.

CareCredit®

Aesthetic & Vein Center MD offers CareCredit, a card designed specifically for your health and beauty needs. With convenient monthly payment options, no up-front costs, no prepayment penalties and no annual fees, you can get your procedure sooner.

CareCredit works just like a credit card, but is exclusive for healthcare services. With low monthly payments, you can use your card over and over for follow-up appointments or different procedures. This means you don't have to put your health and beauty needs on hold until you save up enough money.

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60 months (Additional plans
may be available)***

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payment penalties or annual
fees***

***For more details, or to apply,
please call our office at
877-902-FACE (3223)***

Body Sculpting (Cont'd)

That changed with the development of Smart Lipo, a laser system that was designed specifically to redefine small areas like inner thighs, outer thighs, upper arms, neck and male breasts. It has also been used for larger collections such as the abdomen and the waist (love handles) with excellent results.

Local anesthesia is used to eliminate any discomfort during the procedure. Once the patient is comfortable, a laser is utilized to liquefy the fat cells as well as tighten any loose skin.

Because the Smart Lipo treatment is relatively gentle compared with traditional liposuction, most people experience less swelling or bruising, and are back to normal activities within a few days.

***To ask us a question about treatment, or to schedule a
consultation, please call our office at 877-902-FACE
(3223).***



SPF Numbers Can Be Misleading

Many people believe that sunscreens with very high sun protection factor (SPF) numbers of 70, 90 or 100 are better than products with lower SPF numbers. But that's not necessarily true.

In fact, there's no data showing that very high SPF sunscreens offer more protection. Because of this, the U.S. FDA recently proposed a rule banning SPF numbers higher than 50. The FDA also notes that high SPF products may give users a false sense of security and encourage people to stay out in the sun for too long without reapplying sunscreen.

Furthermore, SPF is based solely on UVB protection, but doesn't cover UVA protection. UVA rays are the most damaging because their long wavelength penetrates through clouds, glass, and some light weight clothing. They are present throughout the day, but are strongest in the early morning and late afternoon when the rays enter the earth's atmosphere at an angle. UVA rays are the primary

SPF Numbers (Cont'd)

cause of premature aging, and are primarily responsible for wrinkles, rosacea, age spots, and skin cancer.

Labeling on all sunscreens will soon change when a new FDA rule goes into effect in June 2012.

Sunscreens that fail comprehensive UVA and UVB tests or have an SPF less than 15 must include a warning that the products have not been shown to prevent cancer or early skin aging.

The FDA rule also prohibits claims overstating the efficacy of sunscreens, such as "waterproof," "sweatproof" and "sunblock" as well as claims and assertions that the product works instantly or for more than two hours without reapplication. Manufacturers that want to make these efficacy claims must submit additional supporting data and obtain FDA approval.

For the time being, the Skin Care Association has performed testing on all sunscreens and has given a seal of approval for all SPF that are both UVB and UVA protective. Obagi and Nia SPF products have all been given this seal. They are both broad spectrum and formulated to be gentle on the skin as well as to give you full protection.



For questions or comments, please call our office at 877-902-FACE (3223).

To learn more about these or other aesthetic procedures, visit us online at www.avcmd.com

Our website also lists monthly specials and events, videos and before & after photos



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