

43 - BioBalance Health Skin Rejuvenation

BioBalance Podcast — Dr. Kathy Maupin and [Brett Newcomb](#)

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Dr. Kathy Maupin: This is episode 43 of the BioBalance Healthcast. I'm Dr. Kathy Maupin.

Brett Newcomb: And I'm Brett Newcomb. Today we're continuing our conversation about some of the ancillary products and services that are available at Kathy's office. In the last podcast we talked about all of the different skin care products that you researched, and developed and made.

KM: And private labeled.

BN: And private labeled, because you are the Medical Director of the cosmeceutical company that makes these products.

KM: Yes.

BN: But there are other things that you do or that you have available that we didn't get a chance to discuss. So that's what we're going to talk about today. And we're going to start with talking about the different laser equipment you have and the uses you have for that and the people that you have doing it.

KM: You know I think lasers are very confusing to the public because we have, I read all of the women's magazines of course to see what they're talking about.

BN: I don't.

KM: I know you don't, darn. I'll be more informed about this then you.

BN: Good.

KM: But I see what they're talking about and they talk about a class of laser called fractional laser but it has lots of different names. So in some articles it talks about frax, that is a fractional laser but it's a certain company. I have a pixel laser which does exactly the same thing but it's called a pixel because it's a different company. The company that I have my laser through is OMA laser and they've renamed all of the different lasers that I have. So having said that, you have to sort this out and see what kind of a laser actually it is to tell what you need. Generally what happens in my office is somebody makes an appointment, they come in and we do an evaluation of their skin and what their desires are, just like you would in a plastic surgeons office. What bugs you? Because what bugs you is what you want fixed, not what bugs me.

BN: So if I have a blemish, if I have a scar, if I have a brown spot, a liver spot.

KM: Wrinkles.

BN: Wrinkles? Really?

KM: Or if you think your pores are too large. There are different things that bother people. Wrinkles are what pixels does the best at.

BN: What if my eyebrows are chronically arched and surprised? Can you fix that?

KM: Yes. Botox.

BN: That's something. You don't do that do you?

KM: Yes we do. We now have Abby and she does Botox. She's a nurse practitioner and she's awesome. So in any case, back to the lasers. The fractional laser is fractional because it goes through your skin and it hones in on the collagen that is below the surface of your skin. And it does little dots or pixels, little tiny dots into the collagen that then stimulates the activity of growth. So you get tighter and thicker collagen by these tiny little dots of laser going down into the collagen. And you think, 'well why don't we just laser the whole thing?' Well that means you get burned badly. So that's what Co2 lasers do is burn you all over, I don't have one of those. They burn the face so badly that it tightens and it sometimes loses the melanin. By doing this we tighten the skin without a burn and without losing melanin. It's ideal for doing a scalpel-less facelift. And some of us have that done every year. Because that's what you have to do. You go out into the sun and have more life that you live and more frowning and more stress and then you make wrinkles, and then you have to go back and have that all cleaned up. And that's how we do that and it's called a pixel or fractional laser.

BN: I'm just translating that into my own knowledge base. I don't know if you know what a frontal lobotomy is. I don't know if you ever saw a Francis Barber movie, where they used to just sever the frontal lobe. And now for a lot of things they don't do that. They go in with a laser and they burn specific spots in the brain.

KM: For good reason.

BN: Exactly, but what you're saying, if I'm understanding it, is that the increased level of precision allows you a whole lot of flexibility in what you do and then allows you to have a whole range of effect so you can control it.

KM: And the other part that people are always interested in, is down time. Because down time is something they don't have. Women are busy and they don't want to have to stay home. With the Co2 lasers and the other lasers that completely ablated or burn the skin.

BN: Like sand blasting the skin.

KM: No, it's much worse than sand blasting. It's like putting your face on a frying pan, basically.

BN: Searing it.

KM: Yes. That would work if you have terrible acne scars or something like that, that this didn't work for. But our down time is 3-5 days and that's really good. It does hurt and because I'm a physician, we have the advantage of being able to give pain medicine before and after. I give medication for the skin itself, and then some of my products. So somebody can heal much faster and get out into the world. We also recommend that three days after their pixel they come in for a jet peel, another procedure we have which is using water to take the top layer of skin off. Because what happens when you do a pixel is the top layer of skin starts dying faster just because it's been damaged a little bit so it comes to the surface. And if you can get it off, you can see the final results faster. And you can get the redness and that kind of thing gone. You also hydrate the skin. Because the jet peel is not a laser. It's just a very high pressure water jet. It actually injects hyaluronic acid, if you like, or collagen into the skin. Hyaluronic acid is one of the things collagen is made out of. And I suggest that after pixel because that's what the pixels are affecting. It needs food, and so the food is the hyaluronic acid, and it gets food from your body from albumin and from the protein in your blood. But it needs food as well placed into your skin locally. So that's one of the things I suggest at 3 days so people get back to work at 4 and 5 days.

BN: So what does that do then? Does it grow a new layer of skin or does it feed and make healthy the layer of skin that's already growing?

KM: What most people don't know is that skin grows from the base, from the dermis. It grows up and as it gets to the top, the cells die. And that's a layer of dead skin that covers up your face and usually makes you look dull and makes your wrinkles look deeper. What happens is this accelerates that growth so in three days you have a thick epidermis, not dermis. We take off the dead skin with the jet peel.

BN: So how often would someone do something like that?

KM: Which, the jet peel or the pixel? The pixel you should do until you get the results you want. And we know what the results are within six weeks, we can tell. Usually within three months it is final. So you can wait three months and if you don't have the facelift that you wanted then you can do it again. I've usually only needed to do one because I use my products and I use excellent skin care routines that I do every day. And that makes a huge difference, taking off the dead skin every day, exfoliating it is always very important because then the glow of your skin shows through.

BN: So if I'm understanding right, you're talking about more of a global approach to skin care all over your face. What if you have just a brown spot, discoloration, port wine stain? Can you work with those kinds of issues?

KM: Yes. One of the lasers that we have is called something different by my company but in vernacular that everyone understands it's an intermittent pulse laser and it's IPL. IPL is something that takes off all the brown spots. And when I was 40 before I ever had any of this myself, I had a series of IPL treatments to get the brown spots off. And the brown spots are very deep and you can't always see them all. But when you have this done, all of the brown spots lift and they come up to the surface and peel off. And that usually is a process of about 3 days, maybe 5 days in some people. But the first treatment's the worse because it gets all that stuff that I got when I was sun tanning with baby oil and iodine when I was a kid at the pool or a young woman. So, all of that damage comes to the surface. That's all precancerous damage. And there are now recommendations by the medical community for some of these really deep damages that are discolored that are called Actinic Keratosis, we can actually use the pixel and the IPL to actually kill those cells and have them come to the surface and peel off.

BN: So as a preventive measure, long before they become cancerous, because people, not as often, but people do die from skin cancer.

KM: Right, they do, and that's something we always have to worry about. But if you have all of the brown spots removed then your risk of having skin cancer from Squamos-cell cancer, is a lot lower.

BN: So there are cosmetic reasons for doing this. To feel better about yourself or the way that you present gives you more energy and freedom to pursue what you want to do. But there also are medical reasons for doing these treatments.

KM: Right and for most of my patients those are secondary just because they don't think they'll ever get skin cancer. When they see the brown spots come up they realize how much damage they've done. I usually suggest that a patient gets one of these treatments every 6 weeks. Usually the series is 4. And I also have them to their hands. Because if you're in public and it's not summer, your hands and your face are the two things that people see and then if you have brown spots on your hands or on your face you look older. So why look older if you feel younger? Most of my patients with pellets feel a lot younger so they should look younger.

BN: Absolutely. What about hair? You haven't mentioned that. Sometimes people come for laser treatments for hair removal.

KM: We have an excellent hair removal. It's the next generation. It doesn't hurt like most of them do. In fact, people are surprised, they didn't think we did anything when we're removing the hair. But we remove hair from anywhere you want hair removed from. The only caveat is you have to have your hair darker than your skin. So if you're graying and you want hair to actually be gone then you should do this before you're graying in that area. In other words. . .

BN: Think ahead.

KM: Think ahead. If you're starting to get gray hair and your arm hair is still dark, we can get rid of the arm hair, if you want to. And a lot of men come in and we do their chest. Now we're not going for the naked chest deal, but we're going for no cave man look. The cave man look, as we get older men get a lot more hair on their backs and on their fronts.

BN: It falls, it falls off your head down your shoulders onto your back. And I can attest to the fact that it does. My chest fell too.

KM: It did? Just like us.

BN: Yea, gravity.

KM: That may be because you lost so much weight.

BN: Yea, maybe.

KM: In any case this is one of the ways that we keep our patients looking as good as they feel. And they do look better. We have better blood flow to our face after we have our hormones back. In general people look better without any of this. But then they see those wrinkles and they see that brown spot. And they think 'oh you know I need to get everything cleaned up'. So that's what we do. I offer this because I use it.

BN: So would it be fair to say that your office specializes in making people feel better inside and look better outside so the whole package is more a enjoyable experience of life.

KM: Absolutely. That's what I want for my patients.

BN: Remember that movie Trading Places?

KM: Yes.

BN: With Eddie Murphy, at the end their like "looking good Lewis. Feeling good." And that's kind of what your goal is to get people like that.

KM: It's kind of like that. And people come in to show us how good they look. Instead of wearing their sweats to my office because they were so embarrassed of how they looked. They're all dolled up, they've got their hair done, they have their make up on. They're ecstatic. That's one of the things that we go for. And I like to look at the before and after pictures even if we haven't done any of the lasers. But I like to look at those just because I show them to the patients and say this is what you used to look like just four months ago and this is what you look like now.

BN: Do you have releases so that you can post some of those before and afters on the website so people that are curious can go and look and see the kind of things?

KM: Yes. We haven't done that yet but we have releases.

BN: But you have plans to do that.

KM: Yes.

BN: So that will be coming in the future. If you have questions or comments about this podcast you can email us at podcast@bioblancehealth.com. You can also read my blog at brettnewcomb.com.

KM: If you have any questions of BioBalance Health or bio-identical hormones visit our website BioBalanceHealth.com or call 314.993.0963.

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