



body, MIND & SOUL



SILVERBERG SURGICAL & MEDICAL GROUP

Great skin at any age. This is the mantra at Silverberg Surgical and Medical Group, and one that staff members take to heart on a daily basis in their evaluation and treatment of patients. The practice treats patients of all ages ranging from young children and adolescents through adults and seniors.

Maintaining a healthy and vibrant appearance is a priority for most people these days, and nothing impacts your appearance more than the condition of your skin.

The two most important factors that contribute to aging skin are one's genes and sun exposure. In Southern California, the effects of prolonged exposure to the sun commonly lead to skin cancer and most of the typical signs of aging, such as fine lines and wrinkles, freckles, skin texture changes, and "broken" blood vessels.

Silverberg Surgical and Medical Group is very experienced in the diagnosis and treatment of skin cancer, and offers a variety of treatments, including photodynamic therapy for pre-cancerous conditions and Mohs micrographic surgery for most types of skin cancers.

The practice also utilizes a number of non-invasive solutions for treating aging skin. Intense pulsed light works by emitting a laser-like light that gently pulses over the skin. The light targets "broken" blood vessels and brown spots. Treatments take 30 to 60 minutes, and there is no down time. Thermage, or Thermacool, is a radiofrequency device that generates heat in the deeper layers of skin while maintaining a cool temperature on the surface of the skin. This stimulates formation of new collagen, resulting in a tightening of the skin, especially in the forehead and jowls areas. Treatment takes about an hour and recovery is minimal, with no down time. Restylane and Captique were recently approved by the Food and Drug Administration as filler substances to treat fine lines and wrinkles. Derived from natural fermentation, they are hyaluronic acid, which is a natural component of the skin. Injections take about 15 minutes, and most patients can return to normal activities very soon.

The treatment of acne is another priority at Silverberg Surgical and Medical Group. The newest treatment is the Omnilux Light System, which treats acne by generating high-intensity light that destroys the bacteria that cause inflammatory acne. The usual course of therapy is eight treatments, alternating blue and red light, spaced two to four days apart. Patients usually see improvement within two weeks, and results continue even after the light treatments have ended. Omnilux is especially suited for patients who have failed on traditional therapy and who do not want to take internal medication.

Silverberg Surgical and Medical Group is also involved in a number of clinical trials for the FDA. One of these is with Isolagen, in which a patient's own collagen-producing cells (fibroblasts) are extracted, grown in cell culture, and then re-injected into wrinkles and scars. Unlike other filler substances, Isolagen uses only the patient's own cells, and the results are significantly longer lasting than with other techniques. Another trial they have been conducting is with Reloxin, a botulinum toxin that is similar to Botox, but may have some advantages over this popular treatment. To learn more about the latest developments, you can sign up to receive the medical group's newsletter by calling (949) 760-0190 or visiting their Web site at www.silverbergmd.com.

Silverberg Surgical and Medical Group is committed to providing the highest quality patient-centered care available. The practice is headed by Dr. Larry Silverberg, who is a board-certified internist who also maintains a consultative practice, and by Dr. Nancy Silverberg, who is a board-certified dermatologist. Their patient-centered care team includes five other hand-picked board-certified dermatologists: Dr. Susan Cox, Dr. Jacklyn Stotts, Dr. Wieke Liem, Dr. Melissa Watcher, and Dr. Hui-Kyung Tina Kim.

Silverberg Surgical and Medical Group is currently accepting new patients. To schedule an initial consultation, please call (949) 760-0190; Saturday appointments available; most insurance plans accepted.

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