



# Acne help is at hand

IT'S a sad fact that while your teenage years might be a distant memory, one of the most unpleasant parts of the teenage experience - acne - doesn't disappear when you hit your 20s.

A recent study estimated adult acne can affect as many as 35 per cent of adult women and 50 per cent of men, and many more have some degree of acne scarring.

"Most of our patients suffer from psychological effects relating to embarrassment from acne and scarring," says Dr Buddy Beaini, director of MD Cosmedical Solutions, who says those seeking treatment can be aged anywhere from 16 to over 50.

Fortunately, there are treatments that can help. Dr Beaini walks us through the options.

## WHAT CAUSES ACNE?

Good news - it's not necessarily chocolate. "Acne occurs when the sebaceous or oil glands, which are located at the base of hair follicles, become overactive," says Dr Beaini.

When these become blocked, bacteria become trapped in the pores and start to multiply, causing small lesions on the skin - what we call pimples.

But while your daily choc habit may not be entirely to blame, diet, stress and even certain medications can exacerbate breakouts, as can changes in hormone levels as a result of

puberty (hence your teenage hell), pregnancy or the use of the oral contraceptive pill.

## CAN ACNE BE TREATED?

Until recently, your only options were oral contraceptives or antibiotics, both with a long list of problems if used long term.

But a number of cosmetic treatments are now making waves in treating active acne and scarring.

Popular options include Intense Pulsed Light (IPL) treatments, which use high-intensity light to penetrate skin and target and kill acne-causing bacteria, while Fotona Laser Light Resurfacing targets overactive sebaceous glands to cut the risk of new

inflammation. Microdermabrasion can also be effective in unblocking clogged pores.

"They are simple treatments with minimal downtime that offer beneficial results with no detrimental health side effects," says Dr Beaini, who recommends monthly treatments to reduce acne progression and severity.

## WHAT ABOUT SCARRING?

If the spots are gone but the scars remain, laser treatment may be the answer. Often likened to touching up a photograph pixel by pixel, Fraxel treatments use microscopic laser columns to minutely target the damaged areas and stimulate the body's natural process to create healthy new skin.

Fraxel Restore is a gentler treatment suitable for treating mild to moderate acne, as well as wrinkles, sun damage, age spots and pigmentation. Fraxel Repair CO2 Laser is a more intense alternative that suits severe acne as well as burns, scars and deep lines. Expect both treatments to take about 30 minutes, with most patients requiring a series of one or two Fraxel Repair CO2, or four to five Fraxel Restore Laser treatments, depending on severity.

Results are permanent, although Fraxel Repair patients may experience some skin redness and weeping for up to 10 days afterwards.



Treatments such as IPL and Fraxel can help to target unsightly or embarrassing conditions such as adult acne or scarring.

## FAST FACTS

**Who:** MD Cosmedical Solutions by Dr Buddy Paul Beaini MB. BS (NSW Uni). DCH. FACAM

**What:** Non-surgical aesthetic treatments and plastic surgery treatments in cosmedical medicine

**Where:** Clinics in Sydney CBD (Sheraton on the Park Hotel), Wairoonga, Canberra and Perth

**More:** [mdcosmedicalsolutions.com.au](http://mdcosmedicalsolutions.com.au) or 1300 885 808

# NEW Snoring Treatment

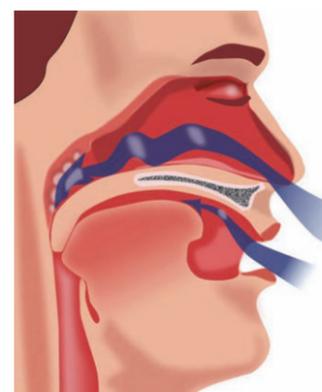


## SLEEP EZE TREATMENT

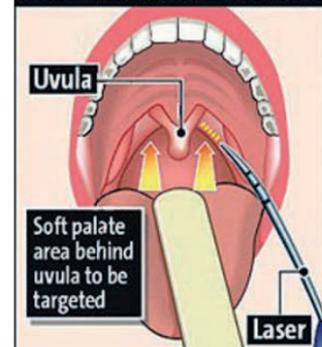
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All treatments performed by Dr Buddy Beaini (MB. BS. DCH. Fellow ACAM) & his medical team

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