

AGEISM IS A WOMAN'S THING? OH, PLEASE.

WHAT MEN CAN DO TO
SLOW DOWN AGING



Skincare and facial rejuvenation are gaining popularity and attracted widespread attention in overall health-maintenance regimens for men. More men are looking for non-invasive treatments to keep their skin looking young and refreshed *without* looking plastic or overdone. With ageism in the workplace and social media's presence in our personal and professional lives, maintaining a youthful appearance is more important than ever. But finding the right dermatologist who's willing to customize a realistic treatment plan and has the experience and certifications is *essential*.

"Skin rejuvenation in men's skin requires subtle techniques for the most natural-looking results," says Amber Long, PA-C of the Asarch Center for Dermatology, Laser and Mohs Surgery. "One of the most popular treatments is Botox, a common neuromuscular inhibitor which we use to treat lines in the forehead as well as the crow's feet area in order to reduce — rather than eliminate creases — which also maintains movement and expression."

Fillers such as Juvederm and Voluma are used to soften lines and correct volume loss that occurs in our faces over time, usually beginning in our late 30s or early 40s. "Results can be achieved without creating a stretched or "puffy" look if your doctor is a trained and certified Master Injector," states Dr. Richard Asarch. "We also use new fractional lasers and Intense Pulsed Light (IPL) to refresh skin by softening fine lines, reducing brown spots, and removing top layers of damaged skin — often with little or no downtime."

"Many of my male patients are extremely self-conscious about their receding hairlines, and have a hard time even discussing treatment options. I began doing hair transplants over 25 years ago,

and recently implemented a new, minimally invasive hair restoration technique which uses tiny micrografts to make hair thicker and fuller with a more organic outcome than traditional hair transplants," Dr. Asarch explains.

Regular use of premium at-home skincare products has been proven to improve skin quality and texture over time and continued use. It is important to use a product line which incorporates a high concentration of the right ingredients in order to be effective. Not all skincare is created equal. When asked about DermaSpa Rx Skin Nutrition, Amber Long PA-C states, "Dr. Asarch developed a luxurious skincare line, specifically formulated to combat the ravaging effects of the Colorado climate on our skin. In order to achieve the best results, work with your dermatologist to determine the right products for your skin type, and be sure to wear a daily sunscreen." Consistent use helps maintain skin health, clear acne flare-ups, reduce brown spots and redness, and enhance the improvement of in-office procedures.

"Remember to include a full skin check in your yearly wellness plans. As skin cancer rates continue to increase, early detection and treatment become even more crucial," says Long. Colorado has one of the highest rates of melanoma in the country. Dr. Asarch, one of Colorado's top Mohs Surgeons, adds that "Melanoma typically gives no symptoms in early stages and can only be detected by visual inspection of the skin. We understand the importance of early diagnosis of melanoma and skin cancer, as one in seven patients with melanoma will die from the disease." Schedule your exam today. 📍

Reference www.AsarchCenter.com or www.DermaSpaRx.com for more information or email questions to info@AsarchCenter.com