



Nova Despaigne

# Look Better

By Nova Despaigne, Kaiser Cosmetic Services

*Have you looked in the mirror and noticed any brown spots, brown patches and red veins that weren't there when you were younger?*

## What about those annoying growths that are erupting out of your neck and catch on your necklace?

Dark spots, spider veins and skin tags are the most common cosmetic procedures being sought out in the community. All these conditions are a common part of the aging process.

The good news is there are solutions to correct your skin concerns. Cosmetic procedures can be surgical or non-surgical. There are many in office procedures with minimal downtime that will fit your needs. Dark spots and spider veins are most commonly treated with a laser.

**These lasers have different** settings to target and eliminate the dark spots and will also diminish the red veins in your skin. The laser procedure is about a 20 minute session with the dermatologist and cost can range between \$200 to \$1,000 per treatment.

Skin tags that have been pestering you for a while can be easily eliminated also. A quick 15 minute trip and a couple of snips and zaps by the doctor is all it takes.

"Being outdoors a lot, I developed what the medical world calls "seborrheic keratosis—fancy word for benign skin growths," said Larry Hayes, publisher of ActiveOver50.



"They were removed painlessly via cryotherapy (liquid nitrogen). Works!"

Depending on how many growths you have, the price can range anywhere from \$165 to \$300. While you ponder the lumps, bumps and spots that have appeared out of nowhere, you can consider other cosmetic procedures as well.

Your local Cosmetic Dermatology office can help you with a variety of advanced procedures to treat wrinkles, fine lines, laser hair removal and provide skin rejuvenation and tightening.

For any aging skin issue, there is a Cosmetic Dermatologist you can consult with to discuss your skin condition and the results you would like to achieve.



**Note:** you do not have to be a Kaiser Permanente member to use their cosmetic services. For more information, contact Kaiser Permanente, Cosmetic Services, 2440 Samaritan Dr. #2, San Jose, CA. 408.851.8200. [www.kpcosmeticservices.com](http://www.kpcosmeticservices.com). All dermatologists are board certified by the American Board of Dermatology.