

THE FUTURE OF BEAUTY AND ANTI-AGING

# NEW YOU

Issue 5 Spring 2011

## STEM CELLS NOW

*New cheeks, new breasts,  
new butt, new muscles,  
all with your own fat!*

## HCG

**Weight  
Loss  
that  
works**

## The EYES of Youth

*How will you  
reclaim yours?*

## TROPICAL BEAUTY TIPS

*Q & A with  
"Miami Housewife"  
Adriana de Moura*

## Age Defying

*The latest  
youth-enhancing  
products*

**Hormones For Women**  
Regain your youthful balance



Cutting Edge Cosmetic Surgery – Without Cutting



Nathan Newman, M.D.

*“My philosophy on patient care is twofold. In addition to providing the best available care, I am dedicated to educating my patients and introducing them to the latest developments in the cosmetic field. I truly care about my patients and their well-being.”*

Nathan Newman, M.D.

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separated into layers. One layer of thick white fat was extremely rich in stem cells.

"I found I could exponentially increase the predictability of the results with the dense fat, because there were far more stem cells and growth factors," says Dr. Coleman, which is another way of saying that this was the stuff that really worked.

That was about seven years ago. Flash forward to the present, and voilà, you have a whole cadre of pioneering doctors who are using stem-cell rich fat for facelifts, breast lifts and now, the more serious business of repairing broken and diseased body parts.

"Prior to 2001 we thought the only source of stem cells was bone marrow," says R. Craig Saunders, MD, who

practices outside of Dallas, Texas. "Since then [the discovery of 'adipose' stem cells] there has been a tendency to use fat as a volumizing agent, because the stem cells are reparative and regenerative."

Even knowing that stem cells can repair and rebuild, Dr. Saunders says that when he first heard that adult stem cells could help restore heart muscles and other types of tissue, "I thought it was nonsense," he says. Today his clinic uses stem cells for both cosmetic and therapeutic purposes. In particular he uses stem cells to repair sports related injuries, in which the stem cells regenerate the cartilage and bone damage.

**FAT=BEAUTY**

While using stem cells for orthopedics is now gaining acceptability in the

U.S., however, the real splash has been its use in cosmetic surgery. Fat is fast becoming an in-vogue filler for the new concept of volumizing, wherein a youthful appearance is restored by replacing—what else—the fat you lost as you aged.

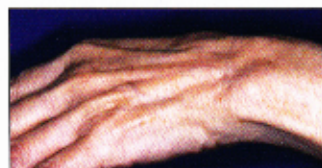
"In terms of the cosmetic part of this, to use it [the stem-cell rich fat] in the breasts, hands or face, is changing the whole concept of plastic surgery," says Nathan Newman, MD, a cosmetic surgeon in Beverly Hills who dubs his fat-transfer procedures a 'stem cell facelift.'

"In the old days we only had the knife as a tool, not even the laser. All we could do was cut and pull... it made [patients] look smoother but not necessarily younger," he says. "The idea with fat grafting is that it's the volume

***"We use fat as fat as a volumizing agent, because the stem cells are reparative and regenerative."  
—Dr. Craig Saunders, Dallas, TX***

**WITH A LITTLE HELP FROM OUR FAT**

Cosmetic applications are leading the stem cell charge

**OLD YOU**

*Stem cell rich fat can restore aged hands...*

**NEW YOU****OLD YOU****NEW YOU**

*...and bring back a youthful look to the face.*

Before and after hand courtesy of: Dr. Sydney Coleman  
Before and after face fat graft courtesy of: Dr. R. Craig Saunders



### ***From Gaunt to Glamorous***

*Eva Campbell-Morales went for a stem-cell face lift to Beverly Hills cosmetic surgeon Dr. Nathan Newman five years ago. At the time she felt she had grown gaunt and tired looking. "I looked like death," she says. "It's how your face ages with fat loss." Now 49, Eva works in advertising, both as a copywriter and on camera talent. She says the best part of the process is that she did not look different, only younger.*

that makes you look younger."

And while fat transfers have been around for a long time, their results were irregular, with around 50 percent of the transferred fat being lost. But that was before the fat was enriched with stem cells.

"The concept that has changed with stem cells is that the skin texture can be much better, the fat can take much better, we can improve the whole thing by improving the ratio of stem cells to fat," says Dr. Newman. "I really see a difference. It's not just a matter of volume. This is live tissue, this is a graft, and it becomes incorporated into your tissue so that it looks natural. It grows and ages with you over time. My patients look better over time, because the stem cells are building

blood vessels and the collagen matrix. It's truly the closest thing we have to a fountain of youth."

### **FLEXING MEDICAL MUSCLE**

Dr. Saunders has become such an ardent believer in stem cells that he's now certain they can be used for almost any damage to bone or muscle, and can differentiate into skeletal or even heart muscle. "Assuming you had a heart attack, you could inject stem cells and they will repair the heart," he says.

That is also the conclusion of Sharon McQuillan, MD, who practices anti-aging and cosmetic medicine in South Florida. She works with a hospital in Mexico where stem cells are being tested on everything from

heart damage to Parkinson's disease. In Florida she uses stem cells for cosmetic procedures, but also works with an orthopedic surgeon to treat patients with cartilage damage to the knee.

One of her patients, Tampa resident Bob Carmella, had Dr. McQuillan inject his damaged knee with stem cells; Dr. McQuillan had already given his wife a facelift using stem-cell rich fat.

Carmella was in constant pain from the knee, and considered an operation. "My orthopedic surgeon said most of my damage was from arthritis, and that even if it gets fixed, it will probably continue to tear. I'm 65 so I wasn't really anxious to have surgery under the knife anyway," he says. "I knew about the stem-cell procedure

## PROCEDURES

- **Stem Cell Lift™**

Dr. Newman is the innovator of the Stem Cell Lift™. This state-of-the-art technique utilizes the natural regenerative abilities of your own stem cell-rich fat to safely and naturally volumize, lift and contour the face and body. The Stem Cell Lift™ has redefined cosmetic surgery by allowing for scar-free face lifts, non-surgical nose enhancements, liposuction correction, vaginal rejuvenation and body sculpting.

- **Body Contouring**

Liposuction Correction

Liposuction

Liposculpture

Abdominoplasty (Tummy Tuck and Mini-Tummy Tuck)

- **Laser Treatments**

Titan, Zerona and Fraxel

- **Wrinkle Correction**

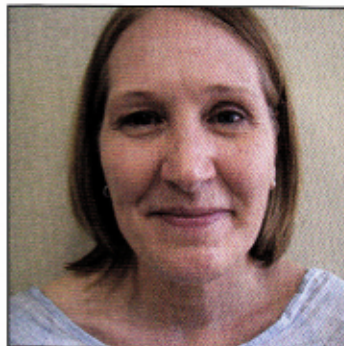
Botox; fillers such as Hydrelle, Juvéderm and ArteFill

### **The Practice**

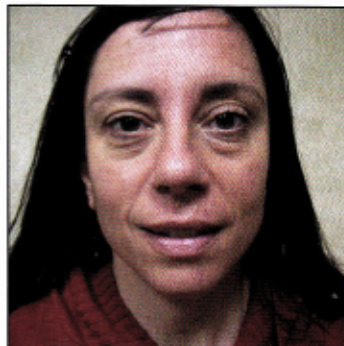
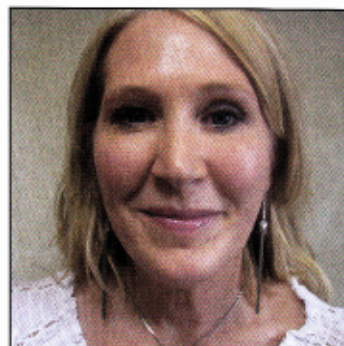
Dr. Newman is a board-certified dermatologist and cosmetic surgeon, who combines artistry and medical expertise to provide his patients with state-of-the-art procedures. He specializes in non-invasive techniques that provide maximum results.

Carrying on a family legacy, Dr. Newman established a respected Beverly Hills cosmetic surgery center, the Orchid Surgery Center, over a decade ago. Orchid Surgery Center is a fully accredited cosmetic surgery center and the discrete destination for those seeking innovative and advanced techniques in cosmetic surgery. Dr. Newman and his staff consider their patients family and take a body-and-soul approach to the treatments and procedures provided. He believes in and utilizes an integrative and multidisciplinary approach, with traditional and alternative medicine, to treat the whole person. Dr. Newman's goal is to provide each valued patient with the most accurate information along with the best available care.

### OLD YOU



### NEW YOU



Patients who did the Stem Cell Lift™ procedure

### **Degree**

- Albert Einstein College of Medicine, New York

### **Residency Training**

- Cook County Hospital in Chicago in Dermatology
- Fellowship, American Academy of Cosmetic Surgery

### **Board Certification**

- American Board of Dermatology

### **Affiliations**

- American Academy of Cosmetic Surgery
- American Society of Liposuction Surgery

### **Location**

Orchid Surgery Center  
9301 Wilshire Blvd. Suite 303  
Beverly Hills, CA 90210  
(310) 273-3344

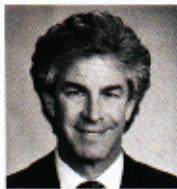
### **Email and Websites**

info@nathannewmanmd.com  
www.stem-cell-lift.com  
www.nathannewmanmd.com

*Nathan Newman M.D.*  
Innovator of the  
Stem Cell Lift™

Cutting edge cosmetic surgery without cutting.

## NEW YOU 畅销杂志的编辑，都是有名的医生

**Mark Berman, MD**

Dr. Mark Berman has practiced cosmetic surgery in the Los Angeles area since 1983. He is one of the pioneers of fat grafting for the three dimensional face-lift; and developed the Pocket Protector® to minimize capsule contracture with breast augmentation. He's a Diplomate of the American Board of Cosmetic Surgery, a Fellow of the American College of Surgeons, and the 2010 president of the American Academy of Cosmetic Surgery.

**Andre Berger, MD**

Dr. Andre Berger is a Beverly Hills physician on the forefront of anti-aging, holistic and non-surgical cosmetic medicine. He is board certified in internal medicine and anti-aging medicine, and an associate of the American Academy of Cosmetic Surgery. Dr. Berger spent his career serving as an emergency medical physician before specializing in anti-aging and cosmetic medicine.

**Angelo Cuzalina, MD, DDS**

Dr. Angelo Cuzalina is a Tulsa, Okla.-based cosmetic surgeon who has been in private practice for 12 years. He is program director of an approved cosmetic surgery fellowship program through the American Academy of Cosmetic Surgery. He is certified by the American Board of Oral & Maxillofacial Surgery and the American Board of Cosmetic Surgery. Dr. Cuzalina is also president-elect of the American Academy of Cosmetic Surgery.

**Robert H. Burke, MD, DDS**

Dr. Robert H. Burke has a worldwide reputation as a surgeon, educator and journal editor. He is director of the Michigan Center for Cosmetic Surgery in Ann Arbor. Dr. Burke is an examiner for the American Board of Cosmetic Surgery and past president of the American College of Oral and Maxillofacial Surgeons. He is an adjunct clinical professor at The University of Michigan and on the clinical faculty at Michigan State.

**Steven B. Hopping, MD**

Dr. Steven B. Hopping has been practicing cosmetic surgery for more than 20 years in Washington, D.C. He lectures at numerous conferences and is recognized around the world as a leader in his field. He is a philanthropist and co-founder of the "Future of Nicaragua Foundation," providing reconstructive surgery and wheelchairs to underprivileged children. He is past president of the Cosmetic Surgery Foundation and the American Academy of Cosmetic Surgery.

**Ronald L. Moy, MD**

Dr. Ronald L. Moy is president-elect of the American Academy of Dermatology, and past president of the American Society for Dermatologic Surgery and the Division of Medical Quality of the Medical Board of California. He is on the Board of the American Academy of Cosmetic Surgery, a member of the American Academy of Facial Plastic Surgery and is board-certified by the American Board of Cosmetic Surgery. His practice is based in Beverly Hills, Calif.

**Neil Sadick, MD**

Dr. Neil Sadick is a world-renowned dermatologist and researcher. He is Clinical Professor of Dermatology at Weill Cornell Medical College and is the immediate past president of the Cosmetic Surgery Foundation. He has authored more than 500 scientific articles, 10 books and has been a guest lecturer at more than 500 medical seminar classes and workshops. His practice is based in New York City.

**Michael H. Rosenberg, MD**

Dr. Michael H. Rosenberg is a board certified plastic surgeon, a board certified cosmetic surgeon, and a board certified facial plastic and reconstructive surgeon who practices in Westchester County, N.Y. The former president of the Medical Society of the State of New York, Dr. Rosenberg is among the most respected physicians in the country. His practice offers a full range of plastic and cosmetic surgery procedures.