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Dermatology





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GLP-1 Medications and Your Face: Why We Are Seeing a Surge in Filler Requests

GLP-1 medications like Ozempic, Wegovy, and Mounjaro have transformed weight loss treatment. These drugs help millions shed excess pounds and improve metabolic health. But as patients celebrate their slimmer bodies, many are noticing unexpected changes in their faces—sunken cheeks, hollow temples, and a gaunt appearance that can add years to their look.

Healthcare providers across the country are now fielding a growing number of requests from patients seeking to address these aesthetic side effects. The solution? Cosmetic fillers designed to restore lost facial volume and rejuvenate aging skin.

This trend has sparked conversations about the full picture of rapid weight loss and

the role cosmetic procedures play in helping patients feel confident throughout their transformation.

Understanding GLP-1 Medications and Facial Fat Loss

GLP-1 (glucagon-like peptide-1) receptor agonists work by mimicking a hormone that regulates appetite and blood sugar. They slow digestion, increase feelings of fullness, and help the body use insulin more effectively. The result is often significant weight loss—sometimes 15% or more of body weight.

While this weight reduction brings numerous health benefits, it doesn't discriminate between body fat and facial fat. The face contains several fat compartments that provide youthful contours and smooth skin. When these fat

pads shrink rapidly, the face can appear hollow, tired, or prematurely aged.

Common facial changes patients experience include:

- Sunken cheeks and temples
- More prominent nasolabial folds (smile lines)
- Deeper tear troughs under the eyes
- Loss of volume in the lips and jawline
- Loose or sagging skin due to reduced elasticity

These changes can be particularly pronounced in patients over 40, whose skin has naturally lost some elasticity over time.

Why Cosmetic Fillers Are Becoming the Go-To Solution

Dermatologists are turning to a range of injectable fillers to help patients restore facial volume and address skin texture concerns. Unlike surgical facelifts, these minimally invasive treatments require little to no downtime and deliver natural-looking results when performed by skilled practitioners.

Four fillers have emerged as particularly effective for treating GLP-1-related facial changes:

Sculptra

Sculptra stands out as a biostimulator



rather than a traditional filler. It contains poly-L-lactic acid, which stimulates the body's own collagen production over time. Instead of simply filling space, Sculptra helps rebuild the skin's structural foundation.

This makes it an excellent choice for patients who have experienced widespread facial volume loss. Results develop gradually over several months and can last up to two years or more. Most patients need a series of treatments spaced several weeks apart for optimal results.

Radiesse

Radiesse uses calcium hydroxylapatite microspheres suspended in a gel carrier. Like Sculptra, it provides immediate volume while stimulating natural collagen production for longer-lasting improvement.

Dermatologists often use Radiesse to treat the mid-face, jawline, and hands. Its thicker consistency makes it well-suited for deeper injection sites and areas that need more structural support. Results typically last 12 to 18 months.

Juvéderm Voluma

Juvéderm Voluma is a hyaluronic acid filler specifically designed to restore volume to the cheeks and mid-face. Hyaluronic acid is a substance naturally found in the skin that attracts and retains moisture.

Voluma provides immediate lift and contouring, with results lasting up to two years. Its smooth consistency integrates well with facial tissues, creating natural-looking volume without obvious lumps or bumps.

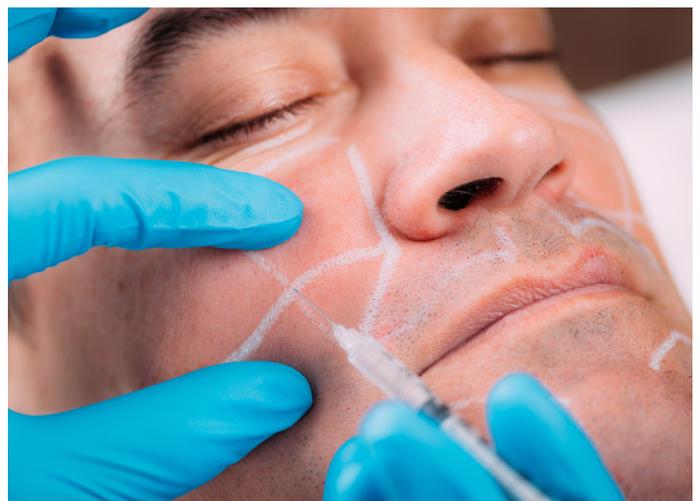
RHA 4

The RHA (Resilient Hyaluronic Acid) collection represents a newer generation of fillers designed to adapt to facial movements. RHA 4 is the most robust in the line, making it ideal for treating deeper folds and wrinkles in areas with significant facial movement.

This filler works particularly well for nasolabial folds and marionette lines, where dynamic facial expressions can make other fillers less effective. Results typically last around 15 months.

What to Expect During Treatment

If you're considering fillers to address facial changes from GLP-1 medications, here's what the process typically



involves:

Consultation

Your healthcare provider will assess your facial anatomy, discuss your concerns, and develop a customized treatment plan. They'll explain which fillers are best suited to your needs and how many sessions you might require.

Be prepared to discuss your medical history, including your current medications and any previous cosmetic procedures.

The Procedure

Most filler treatments take 30 to 60 minutes. Your healthcare provider will clean the treatment area and may apply a topical numbing cream for comfort. Many modern fillers also contain lidocaine, a local anesthetic.

Using a fine needle or cannula, the healthcare provider will strategically inject the filler into specific areas of the face. You may feel slight pressure or pinching, but most patients tolerate the procedure well.

Recovery

Filler treatments require minimal downtime. You might experience temporary swelling, redness, or bruising at injection sites. These effects typically resolve within a few days.

Most healthcare providers recommend

avoiding exercise, alcohol, and blood-thinning medications for 24 to 48 hours after treatment to minimize bruising.

Results

Hyaluronic acid fillers like Juvéderm Voluma and RHA 4 provide immediate volume, though final results become apparent once any swelling subsides. Biostimulatory fillers like Sculptra and Radiesse show gradual improvement as your body produces new collagen over several months.

Making an Informed Decision

The intersection of weight loss medications and cosmetic dermatology highlights an important reality: our aesthetic concerns deserve attention alongside our health goals. There's nothing superficial about wanting to look as vibrant as you feel after improving your health.

If you're experiencing facial changes from GLP-1 medications, schedule a consultation with a healthcare provider who specializes in injectables. They can assess your unique needs and help you determine whether fillers are the right choice for you.

Remember that these treatments are elective and personal. What matters most is that you feel confident and comfortable in your own skin—whether that means embracing your new facial contours or taking steps to restore lost volume.



Ultherapy: The Non-Invasive Treatment for Natural Skin Lifting

Fine lines, sagging skin, and wrinkles don't appear overnight. They're the gradual result of aging, sun exposure, and the natural decline of collagen production in your skin. While many people turn to surgical facelifts or invasive procedures to address these concerns, there's a growing interest in treatments that deliver results without going under the knife.

Ultherapy is one such option. This FDA-cleared treatment uses ultrasound technology to stimulate your body's natural collagen production, targeting common problem areas like the neck, brow, under the chin, and décolletage. Unlike injectables or surgery, Ultherapy works with your body's own regenerative processes to gradually lift and tighten skin over time.

If you're curious about whether Ultherapy might be right for you, this guide will walk you through how it works, what areas it treats, what to expect during and after the procedure, and who makes an ideal candidate.

What is Ultherapy?

Ultherapy is a non-invasive cosmetic procedure that uses focused ultrasound energy to stimulate collagen production deep within the skin. The treatment was FDA-cleared in 2009 and has since become a popular alternative to surgical facelifts for those seeking skin tightening and lifting without downtime.

The science behind Ultherapy centers on collagen—a protein that provides structure and elasticity to your skin. As we age, collagen production naturally decreases, leading to sagging and wrinkles. Ultherapy targets the foundational layers of skin that plastic surgeons typically address during facelift surgery, but it does so without incisions or anesthesia.

During treatment, ultrasound energy heats tissue at precise depths beneath

the skin's surface. This controlled heating triggers the body's natural wound-healing response, which includes producing fresh, new collagen. Over the following months, this newly generated collagen works to lift and tighten the treated areas.

How does Ultherapy work?

The key to Ultherapy's effectiveness lies in its use of micro-focused ultrasound with visualization (MFU-V) technology. This allows practitioners to see the layers of tissue they're treating in real-time using ultrasound imaging—the same safe technology used during prenatal ultrasounds.

Here's what happens during the process:

Imaging: Your practitioner uses ultrasound imaging to visualize the deep structural layers of your skin, ensuring precise energy delivery to the right depths.

Energy delivery: The device delivers focused ultrasound energy to specific depths—typically 1.5mm, 3.0mm, and 4.5mm below the skin's surface—without affecting the outer layer of skin.

Thermal coagulation points: The ultrasound energy creates tiny zones of thermal injury in the targeted tissue. While this might sound concerning, these micro-injuries are intentional and controlled.



Collagen response: Your body responds to these thermal coagulation points by initiating a healing process that produces new collagen. This process continues for several months after your treatment.

The ultrasound energy bypasses the skin's surface entirely, meaning there's no damage to the outer layer. This is why Ultherapy doesn't require recovery time—you can return to your normal activities immediately after treatment.

What areas can Ultherapy treat?

Ultherapy has been FDA-cleared to treat several specific areas where signs of aging commonly appear:

Brow lifting: Drooping eyebrows can make you look tired or older than you feel. Ultherapy can lift the brow area, opening up the eyes and creating a more refreshed appearance. Many patients notice their eyelids appear less heavy after treatment.

Under the chin and neck: The area under the chin and along the neck often shows early signs of aging with sagging skin and the formation of a “turkey neck.” Ultherapy can tighten this area, creating a more defined jawline and smoother neck contour.

Décolletage (upper chest): Sun damage and aging can cause lines and wrinkles on the upper chest area. Ultherapy treatment on the décolletage can smooth these lines and improve skin texture,

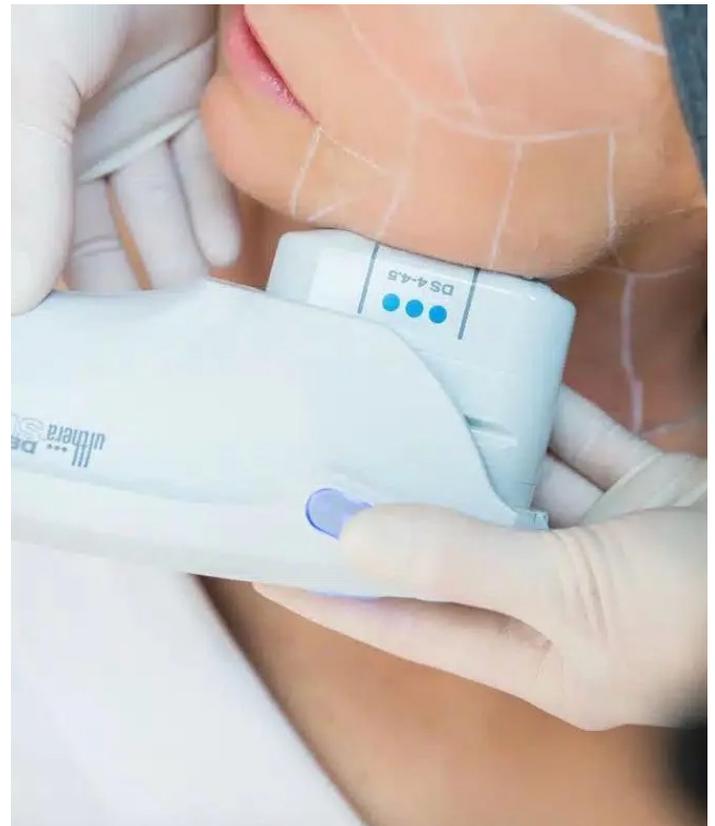
helping you feel more confident in lower-cut tops and dresses.

Lines and wrinkles: While Ultherapy isn't designed to treat surface-level fine lines, it can improve the appearance of deeper wrinkles and folds by supporting the skin's underlying structure.

It's worth noting that Ultherapy is not FDA-cleared for treating other areas of the body, though some practitioners may offer off-label treatments. Always discuss your goals and expectations with a qualified healthcare provider.

What to expect during an Ultherapy treatment

Understanding what happens during your Ultherapy session can help ease



any anxiety and ensure you're fully prepared.

Before the procedure

Your healthcare provider will cleanse the treatment area and may apply a topical numbing cream to minimize discomfort, though this isn't always necessary. They'll discuss which areas you're treating and what results you can realistically expect.

During the procedure

Treatment typically takes 30 to 90 minutes, depending on the areas being treated. Your healthcare provider will apply ultrasound gel to your skin and use the Ultherapy device to deliver focused energy to the targeted depths.

You'll likely feel warmth and tingling sensations as the ultrasound energy is delivered. Some patients describe brief moments of discomfort when the energy reaches deeper layers of tissue. Most people find the sensation tolerable, though experiences vary.

After the procedure

There's no downtime required after Ultherapy. You might experience some temporary redness, swelling, or tenderness in the treated areas, but these effects typically resolve within a few hours to a few days. Some patients notice slight bruising or numbness, which also resolves on its own.

You can apply makeup and return to your normal activities immediately. Some practitioners recommend avoiding intense exercise or excessive sun exposure for the first 24 hours.

When will you see results?

One of the most important things to understand about Ultherapy is that results develop gradually. This isn't like getting a dermal filler where you see immediate changes.

Initial improvements may become visible within a few weeks as your body begins producing new collagen. However, the most dramatic results typically appear two to three months after treatment, with continued improvement for up to six months.

Results vary from person to person based on factors like age, skin condition,



and how your body responds to the collagen-building process. Many patients enjoy their results for a year or longer, though the natural aging process continues. Some people choose to have touch-up treatments to maintain their results.

Who is a good candidate for Ultherapy?

Ultherapy works best for people with mild to moderate skin laxity—those who are beginning to notice sagging but don't yet need surgical intervention. Ideal candidates typically:

- Have loose or sagging skin on the brow, under the chin, on the neck, or on the upper chest
- Want to address signs of aging without surgery or significant downtime
- Have realistic expectations about gradual, natural-looking results
- Are in generally good health
- Have good skin quality with some remaining elasticity

Ultherapy may not be suitable if you have severe skin laxity, significant photo damage, or certain medical conditions. People with metal implants near the treatment area, open wounds, or severe acne in the treatment zone should avoid Ultherapy.

Additionally, those looking for dramatic, immediate changes might be better suited to surgical options or injectable treatments. A consultation with a qualified healthcare provider can help determine



if Ultherapy aligns with your goals.

Is Ultherapy right for you?

Ultherapy offers a compelling option for those who want to address early to moderate signs of aging without committing to surgery. By harnessing your body's natural collagen-building processes, it provides gradual, natural-looking improvements to the brow, neck, under-chin area, and décolletage.

The best way to determine if Ultherapy suits your needs is to schedule a consultation with a healthcare provider who has experience with the procedure. They can evaluate your skin, discuss your goals, and help you make an informed decision about whether this treatment—or another option—is your best path forward.



Understanding the Relationship Between Sweat and Acne

Acne is the bane of many people's existence. Just when you thought you could leave your teenage years behind, a new crop of pimples might surprise you. If there's one thing we've collectively logged away on the "acne wisdom" shelf, it's that sweat seems to be the sworn enemy of clear skin. But is this really the case?

The conundrum of sweat and acne can be puzzling, especially with conflicting messages from beauty gurus and skincare professionals. It's time to set the record straight and learn about the intricate connection between sweat and your skin's well-being. This isn't just about debunking myths – it's about empowering you to make informed decisions on your skincare routine, especially during the sweaty seasons.

The Science Behind Sweat and Acne

First, we need to understand what sweat is and what role it plays in skin health.

Sweat, composed primarily of water, electrolytes, and a small amount of other substances, is our body's natural cooling system. When we exercise or it's hot outside, our sweat glands kick into overdrive to maintain a stable body temperature.

Sweat itself doesn't cause acne. However, when sweat mixes with oil, dead skin cells, and bacteria that clog our pores, it can lead to flare-ups. This combination creates a breeding ground for bacteria, specifically the acne-causing *Propionibacterium acnes* or *P. acnes*, which can exacerbate existing acne and lead to new blemishes.

Understanding this interaction is crucial. It means that the process of your sweat actually being the direct cause of acne is more complex than a simple "yes" or "no." Additionally, it's important to remember that sweating during exercise has many benefits, including stress reduction and toxin elimination through the skin.

Factors That Influence Acne Formation

Several factors contribute to acne development, and sweat is just one piece of the puzzle. Sweating is a natural and healthy process, so we should aim to manage it rather than avoid it altogether.

Genetics

Your genetics determine your skin type, which affects your likelihood of developing acne. Those with naturally

oilier skin are more prone to acne because their skin produces more sebum – the waxy, oily substance that protects and hydrates your skin.

Hormones

Hormonal fluctuations can lead to increased sebum production, another factor associated with acne development. This is why young adults experiencing puberty, women during their menstrual cycle, and those with hormonal conditions often report acne flare-ups.

Diet

While not a direct cause, studies suggest that certain dietary factors may contribute to acne. Foods with a high glycemic index, dairy products, and foods high in saturated fats could be linked to acne in some individuals.

Skincare Habits

Your skincare routine can either keep acne at bay or worsen it. Overwashing or using harsh products can strip your skin of its natural oils, leading it to produce more oil to compensate – and thus, potentially more acne.

Mitigating the Effects of Sweat on Acne

Rather than fear sweat as an acne trigger, understand how to manage it effectively. Here are a few strategies to mitigate the potential for sweat to cause

or worsen acne:

Clothing Choice and Material

Wearing loose-fitting, moisture-wicking clothes during exercise can help sweat evaporate from your skin, reducing the potential for pore-clogging. Avoid synthetic materials and opt for cotton or other natural fibers when you can.

Post-Workout Skincare Routine

After sweating, shower as soon as possible to remove the combination of sweat, oils, and bacteria that can lead to acne. Use a gentle cleanser to keep your skin clean without over-drying, and follow up with a non-comedogenic moisturizer.

Tailored Products for Acne-Prone Skin

If you're prone to acne, look for skincare and cosmetic products that are labeled "non-comedogenic" or "won't clog pores." They are specifically designed not to add to the pore-clogging mix that can lead to breakouts.

Hydration and Diet

Staying hydrated and maintaining a balanced diet rich in whole foods can help regulate sebum production, which may improve the resilience of your skin against acne.

Consistent Dermatological Care

If you're struggling with acne, it's best to



seek advice from a healthcare provider. They can help you develop a customized treatment plan, which may include prescription-strength products or procedures like chemical peels or light therapy.

The dialogue around sweat and acne must shift from fear and avoidance to knowledge and proper management. This mindset not only demystifies the misconceptions but also encourages a healthier discourse on skincare as a whole. Your skin is as unique as your sweat pattern on a warm spring day, and it deserves a tailored approach to wellness. With a bit of science and a lot of smart strategies, you can step into your next sweat session with confidence, knowing that your skin can handle it just fine.