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Dermatology





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Ultherapy: The Non-Surgical Lift That Goes Beyond a Facelift

Are you noticing signs of aging around your brow, neck, or under your chin but aren't ready for surgical intervention? You're not alone. Many people experience sagging skin in these areas as they age, yet feel hesitant about going under the knife for a traditional facelift.

Enter Ultherapy—a revolutionary approach to skin tightening that's changing how we think about anti-aging treatments. This non-surgical procedure offers a compelling alternative to traditional facelifts, using advanced ultrasound technology to naturally lift and tighten loose skin.

Unlike cosmetic procedures that merely address surface-level concerns, Ultherapy works deep within your skin's structural layers. The treatment harnesses your

body's own healing mechanisms to produce gradual, natural-looking results without any downtime or surgical risks.

What makes Ultherapy particularly noteworthy is its FDA approval for lifting skin in areas that have traditionally been challenging to treat non-surgically. This means you can achieve significant improvements in skin laxity using a scientifically-backed, medically-approved method that works with your body rather than against it.

What Is Ultherapy?

Ultherapy represents a breakthrough in non-invasive cosmetic treatments. This innovative procedure uses focused ultrasound energy to target the deep foundational layers of your skin—the same layers that plastic surgeons typically address during surgical facelifts.

The treatment works by delivering precise ultrasound energy to specific depths beneath your skin's surface. This energy creates controlled micro-injuries that trigger your body's natural collagen production process. As new collagen forms over the following months, your skin gradually becomes firmer, tighter, and more lifted.

What sets Ultherapy apart from other non-surgical treatments is its ability to see below the skin's surface using ultrasound imaging. This allows healthcare providers to target the exact layers where lifting and tightening will be most



effective, ensuring optimal results while leaving the surface of your skin completely undisturbed.

The Science Behind Ultherapy

Understanding how Ultherapy works requires a basic knowledge of your skin's structure. Your skin consists of multiple layers, with the deepest layers providing structural support. As we age, these support layers weaken, leading to sagging and loose skin.

Traditional skincare treatments and many cosmetic procedures only affect the surface layers of skin. Ultherapy goes deeper, targeting the superficial muscular aponeurotic system (SMAS)—the same layer that surgeons tighten during a facelift.

The ultrasound energy delivered during treatment reaches temperatures of 60-70 degrees Celsius at the targeted depth.

This controlled heating creates what's called "thermal coagulation points"—tiny areas of treated tissue that stimulate your body's natural wound healing response.

Over the course of two to three months following treatment, your body produces fresh collagen around these treatment points. This new collagen gradually contracts and tightens, lifting and firming the treated areas. The process continues for up to six months, with some patients seeing continued improvement for up to a year.

FDA Approval: What It Means for You

Ultherapy holds the distinction of being the only FDA-approved non-invasive procedure for lifting skin on the brow, neck, and under the chin. This approval wasn't granted lightly—it came after

extensive clinical trials demonstrating both the safety and efficacy of the treatment.

FDA approval means that Ultherapy has met rigorous standards for safety and effectiveness. The clinical studies supporting its approval showed measurable lifting and tightening results that patients and independent evaluators could clearly see.

This approval also means that healthcare providers can confidently recommend Ultherapy as a legitimate alternative to surgical procedures for appropriate candidates. You can feel assured that you're choosing a treatment backed by scientific evidence and regulatory oversight.

Target Areas and Treatment Benefits

Ultherapy excels in treating specific areas where traditional non-surgical methods often fall short:

Brow Area: The brow region is difficult to treat without surgery. Ultherapy can lift drooping brows and reduce the hooded appearance that often develops with age. Many patients report looking more alert and refreshed after brow treatment.

Neck and Jawline: Perhaps no area shows aging more clearly than the neck. Ultherapy can address loose skin, reduce the appearance of neck bands, and restore definition to the jawline. The treatment helps create a more youthful neck



contour without the risks associated with neck lift surgery.

Under the Chin: Double chins and submental fullness can be particularly frustrating because they're difficult to hide and often don't respond well to diet and exercise. Ultherapy can tighten loose skin in this area, creating better definition between the chin and neck.

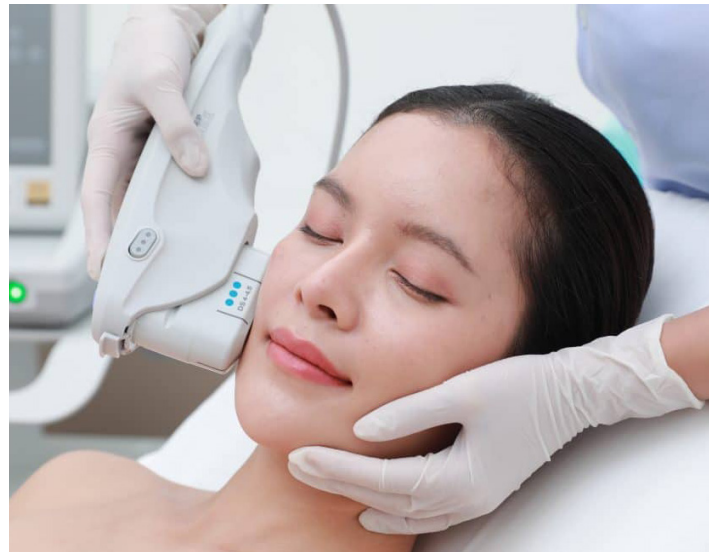
What to Expect During Treatment

An Ultherapy session typically lasts between 30 to 90 minutes, depending on the areas being treated. Before treatment begins, your healthcare provider will clean the treatment area and apply ultrasound gel, similar to what's used during diagnostic ultrasound procedures.

The Ultherapy device uses real-time ultrasound imaging to visualize the layers beneath your skin. This allows your practitioner to place the energy at the optimal depth for your unique anatomy. You'll see the same ultrasound images on a screen, giving you insight into exactly what's happening during your treatment.

Most patients describe the sensation as brief moments of discomfort or warmth as the ultrasound energy is delivered. While everyone's pain tolerance is different, most people find the treatment quite tolerable.

Immediately after treatment, you might notice slight redness or swelling, but



these effects typically resolve within a few hours. There's no downtime required, and you can return to your normal activities right away.

Results and Timeline

One of the most appealing aspects of Ultherapy is that results appear gradually and naturally. Patients will notice results within three to six months. The most significant improvements typically become visible on the sixth month as new collagen continues to form.

Results can last anywhere from one to two years, though individual experiences vary based on factors like age, skin condition, and lifestyle. Many patients choose to have touch-up treatments to maintain their results over time.

The gradual nature of the results means that changes appear natural rather than sudden or obvious. Friends and family often notice that you look refreshed and more youthful without being able to



pinpoint exactly what's different.

Is Ultherapy Right for You?

Ultherapy works best for people with mild to moderate skin laxity who want to avoid surgery. Ideal candidates typically range from their late 30s to 60s, though some older patients with good skin quality can also achieve excellent results.

The treatment is particularly well-suited for individuals who are beginning to notice sagging in the target areas but still have reasonably good skin elasticity.

It's also an excellent option for people who have had surgical procedures in the past and want to maintain their results without additional surgery.

However, Ultherapy may not be appropriate for everyone. People with very loose skin or extensive sagging might achieve better results with surgical options. A consultation with a qualified healthcare provider can help determine if Ultherapy aligns with your goals and expectations.

Your Next Step Toward Natural-Looking Results

Ultherapy represents a significant advancement in non-surgical aesthetic treatments, offering FDA-approved lifting and tightening for areas that were previously difficult to treat without surgery. By harnessing the power of focused ultrasound and your body's natural healing processes, this innovative treatment provides gradual, natural-looking improvements with minimal risk and no downtime.

If you're considering options for addressing aging skin, schedule a consultation with one of our healthcare providers. They can assess whether you're a good candidate for treatment and develop a personalized plan to help you achieve your aesthetic goals. Remember, the best treatment is one that aligns with your lifestyle, expectations, and comfort level—and Ultherapy might just be the perfect solution you've been seeking.



National Psoriasis Awareness Month: What You Need to Know

August brings more than just the final weeks of summer—it marks National Psoriasis Awareness Month, a crucial time dedicated to educating the public about one of the most misunderstood skin conditions. Psoriasis affects over 8 million Americans and 125 million people worldwide, yet many still view it as merely a cosmetic concern rather than the serious autoimmune disease it truly is.

This chronic condition goes far beyond visible skin symptoms, impacting every aspect of a person's life from physical comfort to emotional wellbeing. During this awareness month, understanding psoriasis becomes essential not just for those living with the condition, but for friends, family members, and communities who can offer support and reduce stigma.

Whether you're newly diagnosed, supporting a loved one, or simply want to learn more about this prevalent condition, this comprehensive guide will help you understand psoriasis, recognize its various forms, and discover effective management strategies. You'll also learn how awareness efforts are making a real difference in the lives of millions affected by this autoimmune condition.

Understanding Psoriasis: More Than Skin Deep

Psoriasis is a chronic autoimmune condition that causes skin cells to multiply up to 10 times faster than normal. This rapid cell turnover results in the characteristic thick, scaly patches that appear on the skin's surface. Unlike common misconceptions, psoriasis is not contagious, infectious, or caused by poor hygiene.

The condition occurs when the immune system mistakenly attacks healthy skin cells, triggering inflammation and

accelerated skin cell production. These new cells move to the skin's surface in days rather than weeks, creating the buildup of scales and red patches known as plaques.

Psoriasis typically appears as raised, red patches covered with silvery-white scales. These plaques most commonly develop on the scalp, elbows, knees, and lower back, though they can appear anywhere on the body. The affected areas often feel itchy, burning, or painful, and the skin may crack and bleed in severe cases.

Genetics play a significant role in psoriasis development. About one-third of people with psoriasis have a family history of the condition. However, having the genetic predisposition doesn't guarantee you'll develop psoriasis—environmental triggers usually activate the condition in susceptible individuals.

Common triggers include stress, infections (particularly strep throat), certain medications, weather changes, and skin injuries. Smoking and excessive alcohol consumption can also worsen symptoms and make treatment less effective.

Types of Psoriasis: Recognizing Different Forms

Psoriasis manifests in several distinct forms, each with unique characteristics and treatment considerations. Plaque psoriasis is the most common type,



affecting about 80% of people with the condition. It appears as raised, red patches covered with white or silver scales, typically on the scalp, knees, elbows, and lower back.

Guttate psoriasis often develops suddenly, particularly in children and young adults following a bacterial infection. This type appears as small, drop-shaped spots on the trunk, arms, legs, and scalp. The spots are typically thinner than plaque psoriasis lesions and may clear up on their own or develop into plaque psoriasis.

Inverse psoriasis affects skin folds such as the armpits, groin, under the breasts, and around the genitals. This type appears as smooth, red patches without the typical scales seen in other forms. The affected areas may be particularly uncomfortable due to friction and sweating.

Pustular psoriasis is characterized by white pustules surrounded by red skin. Despite the appearance, the pustules are not infectious and contain white blood cells rather than bacteria. This type can be localized to certain areas like the hands and feet or generalized across larger body areas.

Erythrodermic psoriasis is the rarest and most severe form, affecting less than 3% of people with psoriasis. It can cover the entire body with a red, peeling rash that can itch or burn intensely. This type requires immediate medical attention as it can be life-threatening.

Nail psoriasis affects up to 50% of people with psoriasis and 80% of those with psoriatic arthritis. Symptoms include pitting, abnormal nail growth, and discoloration. Nail psoriasis can be particularly challenging to treat and may cause significant functional impairment.

The Hidden Impact: Psoriasis Beyond the Skin

Psoriasis extends far beyond visible skin symptoms, creating a complex web of physical and emotional challenges. Approximately 30% of people with psoriasis develop psoriatic arthritis, an inflammatory joint condition that can cause permanent joint damage if left untreated. This arthritis can affect any joint in the body and often develops 5-10 years after skin symptoms appear.

The condition significantly increases the risk of several serious health conditions. People with psoriasis have higher rates of cardiovascular disease, diabetes, depression, and inflammatory bowel disease. Severe psoriasis can increase heart attack risk by up to 53% and stroke risk by 43%, making comprehensive medical care essential.

Mental health impacts are profound and often underestimated. Studies show that people with psoriasis experience depression and anxiety rates twice as high as the general population. The visible nature of the condition, combined with persistent discomfort and societal stigma, contributes to decreased quality

of life and social isolation.

Sleep disturbances affect up to 70% of people with psoriasis due to itching, pain, and emotional stress. Poor sleep quality further impacts mental health and can worsen psoriasis symptoms, creating a challenging cycle to break.

Career and social impacts are significant. Many people with psoriasis report avoiding certain activities, clothing choices, or social situations due to their condition. Some face workplace discrimination or feel limited in career choices, particularly in customer-facing roles.

The economic burden extends beyond medical costs. People with psoriasis often require expensive treatments, frequent medical visits, and may experience reduced work productivity. The National Psoriasis Foundation estimates that psoriasis costs the U.S. healthcare system over \$32 billion annually.



Treatment Approaches: Finding What Works

Modern psoriasis treatment offers numerous options, allowing for personalized approaches based on severity, location, and individual response. Topical treatments remain the first line of defense for mild to moderate psoriasis. These include corticosteroids, vitamin D analogues, retinoids, and calcineurin inhibitors.

Topical corticosteroids are the most commonly prescribed treatments, effectively reducing inflammation and slowing skin cell production. However, long-term use requires careful monitoring to avoid side effects like skin thinning. Vitamin D analogues like calcipotriene work more slowly but can be used long-term with fewer side effects.

Phototherapy, or light therapy, uses controlled amounts of natural or artificial UV light to slow skin cell growth. This treatment is particularly effective for widespread psoriasis and can be combined with topical treatments for enhanced results. However, it requires regular clinic visits and careful monitoring to prevent skin damage.

Biologic drugs represent a major advancement in psoriasis treatment. These medications target specific parts of the immune system involved in psoriasis development. Biologics like Skyrizi, Taltz, Tremfya, or newer drugs like Ilumya have shown remarkable success in achieving

clear or nearly clear skin.

The key to successful treatment lies in working closely with a healthcare provider to develop an individualized treatment plan. What works for one person may not work for another, and treatment needs often change over time. Regular follow-ups allow for adjustments and monitoring of both effectiveness and side effects.

Lifestyle Management: Supporting Treatment Success

Lifestyle modifications play a crucial role in managing psoriasis alongside medical treatments. Stress management is particularly important since stress is a well-known trigger for psoriasis flares. Techniques like meditation, yoga, regular exercise, and counseling can help reduce stress levels and improve overall well-being. Maintaining a healthy weight is also important since obesity can worsen psoriasis and reduce treatment effectiveness.

Proper skincare is essential for managing symptoms and preventing flares. This includes using gentle, fragrance-free moisturizers daily, avoiding harsh soaps and hot water, and protecting skin from injuries that could trigger new psoriasis patches.

Avoiding known triggers can help prevent flares. Keep a symptom diary to identify personal triggers, which might include certain foods, weather changes, stress, or specific medications. Work with your healthcare provider to develop strategies for managing unavoidable triggers.

Take Action This Awareness Month

National Psoriasis Awareness Month provides an opportunity for everyone to make a difference in the lives of those affected by this chronic condition. Whether you're living with psoriasis, supporting a loved one, or simply want to contribute to greater understanding, your involvement matters. If you suspect you have psoriasis or haven't seen a healthcare provider recently, use this awareness month as motivation to seek professional care. Early diagnosis and proper treatment can significantly improve your quality of life and prevent complications. For those already managing psoriasis, consider sharing your story to help others and reduce stigma. Connect with support groups, advocate for better policies, and stay informed about new treatment options that might benefit you.





Discover the Fountain of Youth with Juvederm's Hyaluronic Acid Dermal Fillers

Aging is a natural part of life, but that doesn't mean we have to accept every wrinkle and line it brings. Thankfully, modern dermatology offers innovative solutions to help us maintain a youthful appearance. One such solution is Juvederm, a family of hyaluronic acid-based dermal fillers that effectively combat the signs of aging. Whether you're dealing with fine lines, volume loss, or deeper facial wrinkles, Juvederm has a product tailored to your needs. Here, we'll explore the various Juvederm fillers available at Greenbrae Dermatology, their unique benefits, and how they can help you look and feel your best.

Understanding Juvederm

What is Juvederm?

Juvederm is a brand of injectable dermal fillers made from hyaluronic acid, a

substance naturally found in the skin that helps retain moisture and elasticity. Over time, our body's natural production of hyaluronic acid decreases, leading to wrinkles, sagging skin, and volume loss. Juvederm fillers work by replenishing this essential component, restoring a youthful, refreshed appearance.

How Does It Work?

The hyaluronic acid in Juvederm fillers attracts water molecules, which helps to plump and hydrate the skin from within. This results in a smoother, more youthful complexion. The gel-like consistency of Juvederm allows for precise application, making it an ideal choice for targeting specific areas of concern.

Why Choose Juvederm?

Juvederm is renowned for its long-lasting results and minimal downtime. Unlike some other cosmetic treatments, Juvederm injections are quick, relatively painless, and require no recovery period. This makes it a convenient option for busy individuals who want to enhance their appearance without disrupting their daily routine.

The Variety of Juvederm Products

Juvederm Ultra

Juvederm Ultra is designed to address moderate to severe facial wrinkles and folds. It's particularly effective for nasolabial folds, the lines that run from the

nose to the corners of the mouth. With its smooth consistency and ability to integrate seamlessly into the skin, Juvederm Ultra provides natural-looking results that can last up to a year.

Juvederm Ultra Plus

Similar to Juvederm Ultra, Juvederm Ultra Plus is formulated for more pronounced wrinkles and deeper facial folds. Its thicker consistency makes it ideal for areas that require more substantial volume restoration. This filler is perfect for those looking to achieve a more youthful, rejuvenated appearance with results lasting up to a year.

Juvederm Voluma XC

Juvederm Voluma XC is specifically designed to add volume to the cheeks and mid-face area. As we age, we often experience a loss of volume in these regions, leading to a sunken or hollow



appearance. Juvederm Voluma XC helps to restore this lost volume, providing a subtle lift and contour to the face. This filler can last up to two years, making it one of the longest-lasting options in the Juvederm family.

Juvederm Volux XC

For those seeking to define and sculpt their jawline, Juvederm Volux XC is the perfect solution. This filler is specially formulated to provide a firmer, more structured result, making it ideal for enhancing the jawline and chin area. With results lasting up to 18 months, Juvederm Volux XC offers a long-lasting solution for achieving a more defined and youthful profile.

The Benefits of Hyaluronic Acid

Hydration and Moisture Retention

Hyaluronic acid is a powerhouse when it comes to hydration. It has the unique ability to hold up to 1,000 times its weight in water, making it an essential component for maintaining healthy, hydrated skin. By incorporating hyaluronic acid fillers like Juvederm into your skin-care routine, you can enjoy a plumper, more radiant complexion.

Natural-Looking Results

One of the standout features of Juvederm fillers is their ability to provide natural-looking results. The gel-like consistency allows for smooth, even



application, ensuring that the treated areas blend seamlessly with the surrounding skin. This results in a refreshed appearance that looks completely natural.

Boosting Skin Elasticity

In addition to its hydrating properties, hyaluronic acid also plays a crucial role in maintaining skin elasticity. By replenishing this vital component, Juvederm fillers help to improve the skin's suppleness and resilience, making it more resistant to the signs of aging.

The Treatment Process

Consultation and Assessment

Before undergoing any Juvederm treatment, it's essential to have a thorough consultation with a qualified dermatologist. During this appointment, your doctor will assess your skin, discuss your goals, and recommend the most suitable Juvederm product for your needs.

The Injection Procedure

The injection process itself is relatively quick and straightforward. Your dermatologist will use a fine needle to inject the Juvederm filler into the targeted areas. Depending on the extent of the treatment, the entire procedure can take as little as 15 to 30 minutes.

Post-Treatment Care

After your Juvederm treatment, you may experience some mild swelling, redness, or bruising at the injection sites. These side effects are typically temporary and should subside within a few days. It's essential to follow your dermatologist's aftercare instructions to ensure optimal results and minimize any potential complications.

What to Expect After Treatment

Immediate Results

One of the most exciting aspects of Juvederm treatments is that you can see immediate results. Right after the injections, you'll notice an improvement in the treated areas, with smoother skin and restored volume. These initial results will continue to improve over the following days as any swelling subsides.

Long-Lasting Effects

Juvederm fillers are known for their long-lasting effects, with results varying depending on the specific product used.

On average, you can expect your Juvederm results to last anywhere from six months to two years. Regular maintenance treatments can help extend these results, ensuring you continue to enjoy a youthful appearance.

Natural Aging Process

While Juvederm can effectively combat the signs of aging, it's essential to remember that the natural aging process will continue. Over time, you may notice new wrinkles or changes in your appearance. Regular consultations with your dermatologist can help you stay ahead of these changes and maintain your desired look.

At Greenbrae Dermatology, we're dedicated to providing expert care and personalized treatments to help you look and feel your best. If you're ready to discover the benefits of Juvederm for yourself, book a consultation with one of our experienced dermatologists today. Your journey to a more youthful and confident you starts here.

