

News, tips and information from the physicians and staff of Northcoast Laser Cosmetics & Lake County Family Practice

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[www.northcoastcosmetics.com](http://www.northcoastcosmetics.com)

Lake County Family  
Practice's New Website –  
[www.lcfp.net](http://www.lcfp.net)

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**New Websites for  
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**M**any of us look to the internet for more information and ways to get things done quickly and easily. Over the past few months, both Northcoast Laser Cosmetics (NCLC) and Lake County Family Practice (LCFP) have worked hard to create new websites that are more visually appealing, easier to navigate and contain more information than ever to help you to find the information you want and need.



The NCLC website features in-depth information on procedures, Botox™ and fillers, non-laser services and products, FAQs, location information and directions, a confidential contact form and much more. Visit the new website today: [www.northcoastlaser.com](http://www.northcoastlaser.com)

The LCFP website is useful, educational and informative. From vaccination information to cancer screening guidelines to steps to bone health, you will find it on the new website. Learn about the onsite services available at our facility, find helpful links on everything from Alzheimer's to Spine Health. Need a patient registration form before your first visit? You will find it on the website. The Contact Us section includes instructions for emergencies, voice mail and prescriptions. Visit the new website today: [www.lcfp.net](http://www.lcfp.net).





## Skin Care 101

### What Is a Free Radical and Why Is It Bad for Your Skin?

Just about every antioxidant skin care product currently on the market claims to stop free radical damage and to prevent their aging effects on the skin. So, what exactly are free radicals and why are they bad for your skin? Simply put, free radicals are unstable molecules that form on and within the skin as a result of exposure to environmental stressors such as the sun, air pollution, and cigarette smoke. The aging process itself also contributes to the formation of these skin damaging molecules.

How do they cause skin damage? A missing electron is what makes these free radical molecules unstable. They look to stabilize themselves by "stealing" electrons from molecules found in healthy skin cells thereby creating new free radicals and damaging once healthy skin cells. The end result of this damaging cascade presents itself on our skin in the form of fine lines, wrinkles, rough textures, and uneven skin tones.

While we cannot entirely stop the formation of these skin conditions, there are some things we can do to help. First and foremost is to every day, year round, wear at least an SPF 30 sunscreen and limit sun exposure (the number one cause of skin damaging free radical formation in and on the skin). Vitamins C and E, CoQ10, and Idebenone are all antioxidants found in today's most popular skin care products. Antioxidants work as electron donors to the free radicals present in our skin preventing them from "stealing" electrons from our healthy skin cells, helping to prevent the damaging cascade from beginning.

The bottom line ... generously apply your sunscreen, use moisturizers with antioxidants, and limit sun exposure to help your skin be the best it can be!

## What is a Physician's Assistant?

It is likely that you have been seen by one of our Physician's Assistants (PAs). And, even though you have been seen by one, like many patients, you may not be sure what a PA is, what they are qualified to do, how they are trained and just how much education they have. You may be surprised to learn that PAs are health care professionals licensed to practice medicine with physician supervision. They should not be confused with medical assistants, who perform routine clinical and clerical tasks.

PAs are formally trained to provide diagnostic, therapeutic, and preventive health care services, as delegated by a physician. Working as members of the health care team, they take medical histories, examine and treat patients, order and interpret laboratory tests and xrays, and make diagnoses. They also treat minor injuries, by suturing, splinting, and casting. PAs record progress notes, instruct and counsel patients, and order or carry out therapy. In 48 States (including Ohio) and the District of Columbia, PAs may prescribe medications. They also may have managerial duties. Some order medical supplies or equipment and supervise technicians and assistants.

### *PAs are licensed*

PAs are trained in intensive education programs that usually last at least 2 years. Admission requirements vary by program. Many states, including the State of Ohio, require a Masters Degree and some previous health care experience. All States require PAs to complete an accredited education program and to pass a national exam in order to obtain a license. The *Accreditation Review Commission on Education for the Physician Assistant (ARC-PA)* is the accrediting agency that defines the standards for PA education and evaluating PA educational programs within the United States for their compliance to those standards.

The American Academy of Family Physicians, the American Academy of Pediatrics, the American Academy of Physician Assistants, the American College of Physicians, the American College of Surgeons, the American Medical Association, and the Physician Assistant Education Association (formerly the Association of Physician Assistant Programs) all cooperate with the ARC-PA as collaborating organizations. They collaborate in establishing, maintaining, and promoting appropriate standards of quality for entry level education of physician assistants (PAs) and providing recognition for educational programs that meet the minimum requirements outlined in these *Standards*. These *Standards* are used for the development, evaluation, and self-analysis of PA programs.



## Meet the PAs of Lake County Family Practice



**Susan A. Hollobaugh, PA-C**

Susan has her B.S. for Physician Assistant in an AMA Accredited Physician Assistant Program at Gannon University in Pennsylvania. She is NCCPA Board Certified, BLS Certified and Ohio State Licensed. She has had nine clinical rotations, each lasting approximately six weeks, in Orthopedics, Surgery, Family Practice, Internal Medicine I and II, Pediatrics, Mental Health, Ob/Gyn and Emergency Medicine. She is also a member of the American Academy of Physician Assistants.



**Jennifer Sample, PA-C**

Jennifer received her B.S. in Biology from Lake Erie College and her Masters of Physician Assistant Studies from Gannon University in Pennsylvania. She is NCCPA Board Certified and is also certified in Advanced Cardiac Life Support and Basic Cardiac Life Support. She has completed rotations in Ob/Gyn, Internal Medicine, Surgery, Emergency Medicine, Family Medicine, Pediatrics and Cardiology.

## Working Closely with Your Physician

Because of the close working relationship the PAs have with physicians, they are educated in a medical model designed to complement physician training. PAs are found in all areas of medicine – family medicine, internal medicine, pediatrics, and obstetrics and gynecology -- as well in surgery and the surgical subspecialties with additional training. The scope of the PA's responsibilities correspond to the supervising physician's practice.

The bottom line is to know that you are in good hands when you are seen by the Physicians Assistants at Lake County Family Practice. They are trained and capable of providing you with the care you need.

## The Qualifications and Role of the Esthetician

**W**hen you schedule your first consultation with North Coast Laser Cosmetics (NCLC), you will meet with one of our licensed Estheticians. Licensed Estheticians in the State of Ohio are required to have 600 hours of training. The training includes clinical and non-clinical sessions in areas of study that include skin diseases and disorders, anatomy, basic facial and massage techniques, chemistry introduction, bacteriology, and basic skin care. These, as well as cosmetology laws and rules are included on the National Esthetics examination. This is the national licensure examination for Estheticians, which is developed and administered by the National-Interstate Council of State Boards of Cosmetology (NIC).

The examination includes questions in the areas of Human Physiology and Anatomy; Skin Histology, Sanitation and Infection Control, Basic Chemistry, Cosmetic Ingredients Skin Analysis and Procedures related to Consultation, Documentation, and Treatment; Cleansing Procedures; Exfoliation Methods; Hair and Its Growth Cycles; Color Theory and Makeup Application; Methods of Hair Removal and More.

## Meet the Estheticians of Northcoast Laser Cosmetics



**Andrea D'Amico**

Andrea has been with us at NCLC for close to four years. She is a licensed esthetician with over six years of experience. Having previously worked in a spa environment, Andrea finds herself right at home working in the medical esthetic field. On her work for NCLC she states: "I enjoy seeing the results that our clients receive after a laser procedure. Knowing that they are happy with what they see in the mirror, is more rewarding than what could be accomplished in a salon."



**Barb Primozić**

Barb is our newest addition to NCLC. A registered nurse for 11 years, Barb is new to the esthetic field having finished her esthetic training and licensing earlier this year. Prior to coming to NCLC she worked as an RN in the cardiology field at a local hospital. On her new position at NCLC she states, "I love working with the clients assessing their skin and helping them choose the procedures and/or product that will best help their individual needs. It's very fulfilling to see a client satisfied with the results of their treatment."

The estheticians at Northcoast Laser Cosmetics are qualified to consult with you on your skin type and best treatments, provide professional skin care treatments, recommend a maintenance program and products to be used at home, and to provide you with background on the treatments performed by the Board Certified Physicians of Northcoast Laser Cosmetics.



*Procedure Highlight*

## The Aura Laser

With summer fading as quickly as our tanned skin, now is the time to treat the pigmentation issues brought on by a summer full of fun in the sun. No matter how well we protect ourselves with sunscreens, spending any amount of time in the sun, unfortunately, can take a toll on our skin. Are you noticing the appearance of brown/sun spots on your skin or a general unevenness in your skin tone? At Northcoast Laser Cosmetics our Aura laser treatments target these, and many other pigmentation issues.

The key feature of the Aura Laser is its ability to target and reduce or resolve abnormal pigment variances such as uneven skin tones, sun/age spots, port wine stains, and facial redness due to rosacea or surface capillaries. These areas of undesired pigment absorb the lasers energy and eventually fade to reveal a fresh and more even skin tone.

The Aura laser is an affordable, safe, non-invasive, and effective treatment for all types of pigmentation issues. Why not call and speak with one of our estheticians to see if this treatment is right for you.

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E-Mail: [contact@northcoastlaser.com](mailto:contact@northcoastlaser.com)  
[www.northcoastlaser.com](http://www.northcoastlaser.com)

*Product of the Season*

## PREVAGE MD

With so many other antioxidant skin care product available why choose Prevage MD?

Prevage MD is an all purpose skin care product that addresses the most frequent complaints women have about their skin. Fine lines and wrinkles, rough texture, and uneven skin tone. It corrects current skin damage and prevents future skin damage. Prevage MD's main ingredient is 1% strength idebenone. Idebenone is the most powerful antioxidant available in today's skin care products. It works in multiple pathways to stop the free radical damage responsible for these skin issues. It's loaded with humectants that draw in and retain moisture, making our skin smoother and also contains deoxyarbutin, a safe and effective skin lightener that helps to even out skin tone. Prevage MD is easy to use and is formulated to be compatible with almost all skin care products you may currently be using.

**Prevage MD is available only through a physician's office. The Elizabeth Arden counters at fine department stores sell the "over the counter" .5% strength for \$150. Northcoast Laser Cosmetics is currently offering Prevage MD for \$85 (that's \$30 off our regular price). Why not stop in and speak with our estheticians and see if Prevage MD is right for you!**

*\*Our other fall special is the Annual Obagi Stock up Sale. Buy 3 Obagi products and receive \$15 off.*

**Northcoast Laser Cosmetics  
Fall 2007 Botox™ Dates:  
October 11 & 25; November 8 & 29  
December 6 & 27**

**Northcoast Laser Cosmetics is owned and operated by the physicians of Lake County Family Practice**



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