

**DR. PAUL M. FRIEDMAN**

WHY DID YOU BECOME A DERMATOLOGIST I wanted to be a part of the huge technological advances the field was experiencing; this was the way I wanted to make a difference **WHAT ONE LIFESTYLE CHANGE COULD MOST BENEFIT OUR HEALTH** Wearing sunscreen **HOBBIES** Basketball and traveling **FAVORITE PART OF YOUR JOB** Helping people realize their natural beauty potential **I START EACH DAY** With a protein shake **I WOULD LOVE TO OWN** Oceanfront property

ASK DR. FRIEDMAN

Q: I HAVE FACIAL REDNESS, ENLARGED PORES AND SUN DAMAGE. IS THERE A SINGLE LASER THAT CAN SIMULTANEOUSLY ELIMINATE THESE CONDITIONS?

A: Very seldom does a patient come in with just one condition for us to diagnose and treat. In order to truly customize a treatment, it is best to use a combination approach. There are dozens of lasers on the market. One device cannot achieve everything, so I typically recommend combining lasers to get an overall global improvement. I, personally, would treat your specific concerns with three different lasers. Facial redness and rosacea respond well to pulsed dye laser therapy, treating the inherent vascular component of your condition. The Fraxel re:store™ laser delivers great results by improving skin texture and fine lines, and repairing sun damage after multiple treatment sessions. Some patients experience reduced pore size after treatment, as well. The QS-Ruby laser does a good job of targeting sunspots. Keep in mind that although many laser therapies yield minimal downtime, there are still risks involved. Laser devices are only as good as the practitioner. Seek treatment from a board-certified dermatologist or plastic surgeon who is very experienced in both technique and the application of laser technology.

INSIDE INFORMATION

face of the future

Paul M. Friedman, MD, board-certified by the American Board of Dermatology, is the Director of the DermSurgery Laser Center in Houston, Texas. He was educated in dermatology at the New York University School of Medicine, one of the top dermatology residency programs. He trained in dermatologic laser surgery and Mohs micrographic surgery at the Laser & Skin Surgery Center of New York.

"Remaining state-of-the-art is a function of making necessary investments in both technology and advanced training. I had a unique timing advantage. A great deal of lasers evolved while I was still in training, giving me incredible exposure and experience. I have since been invited to help refine, determine optimum treatment parameters and train other physicians on modern technology." Dr. Paul's practice includes conducting medical research and making contributions and advances to the field of dermatology. "We incorporate advanced treatments and procedures, offering our patients safe, effective solutions to achieve their skin-care goals. I am involved in helping develop and test leading-edge technology, as we continue to search for better solutions to treat a variety of skin conditions. Giving lectures, speaking at conferences and training other physicians on the latest laser improvements is part of the normal schedule that I run outside of seeing patients."

Patients appreciate and respect Dr. Paul, who educates patients by explaining what each procedure entails and stressing the importance of having the right treatment. "Evolving laser technology provides many options to improve certain skin conditions, so it is of extreme importance that patients familiarize themselves with these procedures and choose the right physician in order to enjoy the full benefits of laser treatments." It is clear that a new standard is being set in dermatologic surgery with Dr. Friedman's understanding of the skin and far-reaching knowledge of laser technology.

**BOARD CERTIFICATION**

American Board of Dermatology

MEDICAL DEGREE

University of Tennessee, Memphis

INTERNAL MEDICINE INTERNSHIP

Washington University School of Medicine in St. Louis, Barnes-Jewish Hospital

DERMATOLOGY RESIDENCY

New York University, School of Medicine

MOHS MICROGRAPHIC SURGERY AND LASER SURGERY FELLOWSHIP

Laser & Skin Surgery Center of New York

AFFILIATIONS

American Society For Dermatologic Surgery
 American Society for Laser Medicine and Surgery
 American Academy of Dermatology
 American College of Mohs Surgery

AREAS OF EXPERTISE

Aesthetic Injectables
 Laser Surgery
 Fraxel®
 Facial Rejuvenation
 Mohs Surgery

LOCATION
 Houston, Texas
 713.791.9966

WEB SITES

www.friedmanmd.net
www.drpaulskincare.com