



Fall Newsletter October 2019



Hello Friend,

"October is a symphony of permanence and change".

-Bonaro W. Overstreet / Très Riches Heures du Duc de Berry

What New with Dr. Enzer?

Summer 2019 was a busy time of year for Dr. Enzer. After attending the week-long Cosmetic Surgery conference in Las Vegas, Dr. Enzer celebrated the weddings of both his sons, Jason and Josh, at the end of June and July respectively. One was in Provincetown, MA and the second in New York City. Both weddings were filled with enjoying family and friends, love, dancing, and good food.

Professionally, Dr. Enzer has been very busy as well. He mentors the junior and senior Dermatology residents of Rhode Island Hospital/Brown University as well as the senior Dermatology residents of Roger Williams Medical Center/Brown University each month. Many of you have had the chance to meet these young physicians in our office! On his surgery days, Dr. Enzer mentors the Mohs Surgery Fellow, already a certified dermatologist, from Roger Williams Medical Center/Brown University.



Dr. Enzer has been an active staff member in the Division of Surgery (Ophthalmology) at Rhode Island Hospital for over 25 years and continues to volunteer and teach young residents in the department. In September and December, Dr. Enzer was, and will be, the attending surgeon for all patients presenting to the emergency room and hospital in-patients with complex ocular and facial trauma. During that same period, Dr. Enzer will also supervise the eye clinics for the indigent in our community at the hospital. "I enjoy working with the young physicians during their training," says Dr. Enzer, "and I hope I can share my knowledge and be a role model to help them become exceptional physicians."

Enhance Your Natural Beauty: The Lip Flip

Disappearing Upper Lip?

That's a Bunch of Hocus Pocus!

-Ashley Wright, FNP | A Modern Aesthetic #nurseinjector

When you smile, does your upper lip turn inward and fold under – performing a disappearing act? Do you smile and wish you saw less teeth and gums with more lip? Are you looking for subtle and natural plumping to highlight your natural lips without adding volume? If you answered YES, or even MAYBE to any of these questions...the **"Lip Flip"** is for you!

Injecting a small amount of Botox®, Dysport®, or Jeuveau® into the muscle around the mouth can be used to slightly "shape up" the lips to create a "subtle" yet, "poutier" look.

Injecting around the mouth relaxes the orbicularis oris muscle which then, allows the lip to roll outwards AKA "flipping it", which creates the illusion of a fuller lip, without adding volume.

This procedure takes minutes to complete with NO downtime and it lasts 3-4 months! Pucker up, and enjoy all the fall lipstick trends!

Give Pink, Get Botox



Breast cancer is the most common form of cancer suffered by women (and men, too!). For the last 25 years, October has been designated as Breast Cancer Awareness month, promoting breast cancer awareness. Whether breast cancer has affected you personally, or your friends and family, help us honor those on their journey by donating to the *Gloria Gemma Breast Cancer Resource Foundation**.

*For every \$20 you donate to support this worthy cause, you will earn one raffle ticket entered into our office drawing for one FREE Botox®/Dysport®/Jeuveau® treatment from one of our providers.

Aesthetic Advice from Our Professionals

Your Beauty is Our Business!

Yoash Enzer, MD and Ashley Wright, FNP, believe in maintaining a healthy lifestyle physically, mentally, and emotionally. Our providers at Enzer & Associates, PC take great pride in enhancing your cosmetic appearance. See our cosmetic suggestions below for each decade of 'age progression' to help you look and feel your best. For further details, visit [our website!](#)



IN YOUR 20's – Skin cells are regenerating fast, giving your skin a flawless, radiant look, smooth, and full of elasticity. Sun damage also begins to become more noticeable with brown spots (also known as sunspots). The highest priority is prevention to minimize/avoid consequences later in life. Melissa Nowicki, LE says, "Facials, chemical peels and a good skin care regimen coupled with a physical sunscreen every day is key!" This is also the time to start low dose neuromodulators, like Botox®/Dysport®/Jeuveau®, to prevent facial aging lines when you get older.

IN YOUR 30's – Help jump start cell turnover and boost the metabolism of the cells in order to keep the skin looking young. You may notice more expression lines such as crow's feet (wrinkles around the eyes), bunny lines (wrinkles on the edges of the nose) as well as wrinkles around the mouth. Jeuveau® #newtox (or Botox®/Dysport®) treatments and dermal fillers can offer significant preventative advantages. Ashley Wright, FNP, exclaims, "Baby-botulinum treatments and a personalized skin care maintenance can help restore youthful blemish-free skin. Eye Cream should be your best companion!"

IN YOUR 40's – Ahh...the peri-menopausal years when estrogen (stored in the fat cells) starts to decline! We begin to not only notice skin tone loss and neck/jaw line sagging, but also loss of facial volume as the naturally occurring fat pads start to atrophy (fade away). Eyebrows and eyelids may begin to droop, and we may notice skin redness and dilated capillaries start to appear. Dr. Enzer and Ashley Wright, FNP will work with you to create your personalized treatment plan to help you prolong a more natural, youthful look. Your plan may include Botox®/Dysport®/Jeuveau®, fillers, and/or Silhouette Instalift® (a non-surgical procedure to lift sagging facial skin), as well as cosmetic skin lasers that address redness, brown spots, or skin resurfacing (for wrinkles).

IN YOUR 50's – Lines and wrinkles continue to accelerate. The face begins to look "hollowed out" due to continued loss of fat in the face, loss of bone, as well as ongoing loss of skin elasticity. Laxity throughout the face, neck, and jawline becomes increasingly more noticeable. Botox®/Dysport®/Jeuveau® and fillers, aka a 'liquid face lift', play a central role in facial rejuvenation along with our top-of-the line skin products that moisturize and build collagen, minimizing the impact of aging (Dr. Enzer recommends DefenAge®). Many patients also begin to consider surgical procedures such as blepharoplasty to restore facial youthfulness.

IN YOUR 60's & BEYOND – The aging process continues with more prominent wrinkles, folds, and sagging. Volume and elasticity must be restored. Fat transfer to restore facial volume, carbon dioxide laser skin resurfacing, eyelid, facial rejuvenation surgery, and other procedures can restore a more youthful appearance. Of course one must still keep up a good skin care regiment, and your Botox®/Dysport®/Jeuveau® and filler routine. FYI, Dr Enzer is your specialized Oculofacial Surgeon,

helping you to manage signs of aging around the eyes and face.

Tips & Advice from Our Experts:

- Apply sunscreen every day!
- Drink water...as much as you can daily (8-eight ounces).
- Avoid harsh products with chemicals or perfumes.
- Remove make-up at night, and moisturize.
- Get your "beauty sleep" (7-8 hours a night).
- Exercise or mediate to decompress stress.
- Eat healthy, organic foods.
- Always wear sunglasses outdoors.
- Don't forget, eye cream is your best friend.
- When in doubt, contact Enzer & Associates, PC for a consultation!

Treatment Spotlight: Jeuveau®

A #NEWTOX on the Street

February 2019 marked a new milestone in the U.S. aesthetic market with the addition of **Jeuveau®**, the first new neurotoxin approved for usage in nearly 10 years! Jeuveau® (pronounced Jū vō and rhymes with hello) comes from the French word "nouveau," meaning "modern or up-to-date". Jeuveau® is used to temporarily improve the appearance of frown lines between the eyebrows (glabella), commonly referred to as the "11" lines. Off-label, wrinkle relaxers are also used to treat other areas, such as crow's feet around the eyes, and smile lines.

The most novel thing about Jeuveau® is its unique marketing strategy, targeting younger millennials in a fresher way, with fun emojis, an app, diverse models, and a lot of pink. Marketed to the 20's-30's demographic age bracket as a "baby botulinum" for preventative measures to facial aging. #NEWTOX is the product's signature hashtag.

If you are ready to get rid of your fine lines and wrinkles with Botox®, Dysport®, Xeomin® or Jeuveau® please call us at (401) 274-4464 to schedule your personalized consultation with Dr. Enzer or Ashley Wright, FNP.



Be Prepared for the Holidays!

The leaves are beginning to fall, the crisp air will soon bring the first frost, and the holidays are approaching quickly...To ensure that your holiday season goes *smoothly*, don't delay...schedule your treatments now as our schedule is already filling up! Call us at 401-274-4464.

Stuck On A Great Gift Idea?

Treat that *Special Someone* with a Gift Certificate for the treatment they've been desiring, or simply a maintenance treatment that makes them not only look fabulous, but feel it, too! Stocking stuffers? We have those, too! We carry a wide range of medical-grade skin care products that make the *perfect* stocking suffers.

Thank you for reading our newsletter! Enjoy all the fun activities associated with autumn-- apple picking, pumpkin carving, turkey stuffing, and as always, feel confident! Stay tuned for more news and updates soon.

YOASH R. ENZER, MD, FACS

Cosmetic, Laser, & Oculofacial Plastic Surgery

ASHLEY L. WRIGHT, FNP

Aesthetic Nurse Practitioner



Are you interested in learning about a particular treatment or product?
Let us know! [Chat with our office staff!](#)

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