

# YOUTH MINISTRY

Fredric Brandt, MD, has worked enough anti-aging miracles to qualify as a skin-care saint. By April Long



The offices of Fredric Brandt, MD, in Manhattan and Miami are sleek, art-bedecked temples to beautification worthy of his celebrity clientele (though it's unlikely devotees such as Madonna linger in the waiting room). The renowned dermatologist is something of an artist himself—he's been involved in developing and perfecting numerous procedures (including the Botox neck lift and Botox nose lift) and regularly conducts clinical trials on cutting-edge technologies. In addition to penning two books (*10 Minutes 10 Years* and *Age-less*, both published by Free Press) and creating his own namesake product line, Brandt now hosts a radio show on SiriusXM Radio in which he dispenses anti-aging advice—a natural move for a man whose patients flock to him as much for his gleefully chatty chair-side manner as they do for his did-she-or-didn't-she finesse with fillers. "I could be the new Oprah!" he says, laughing.

### What's the key to getting a natural look with Botox?

Pairing full-dosage injections with micro-injections. In some areas, like the frown lines between the eyes, you need to

freeze that muscle in order to get line reduction, but micro-injections come in handy in places like the forehead and upper lip, where you don't want to totally stop the muscles from contracting. **You've been performing clinical trials for a procedure called Fibrocell. How does it work?** We take a tiny piece of skin from the back of the neck and use it to grow the patient's own fibroblasts, the cells that produce collagen and elastin. After about four to eight weeks in the lab, the cells can be reinjected as a filler into the skin of the donor. There have been two big studies on the nasolabial folds and on acne scars that showed very nice results, and researchers did some amazing work on burn patients in Europe to regenerate tissue and skin. **What's the most exciting new technique currently on the menu at your practice?**

My big thing right now is the Can-U-Lift, in which I use a flexible thin tube called a micro cannula instead of a needle to inject fillers such as Restylane. Because the micro cannula doesn't have a sharp point that can damage blood vessels, you get very little bruising and virtually no pain.

### What are your anti-aging lifestyle recommendations besides "wear sunscreen and don't smoke"?

Do something to reduce stress, because stress increases free radicals, and there's evidence that it disrupts the replication of your DNA and shortens your chromosomes, leading to premature aging. Also, be mindful of what you eat. Low-calorie diets have been shown to help people live longer. And I'm a believer in antioxidant and anti-inflammatory supplements such as green tea, goji berry, and fish oil. **If someone can't come to you, what should they look for in a dermatologist?** Always go to a dermatologist who specializes in what you want to have done. If you need a mole check, look for someone who does that most of the time. If you're going for Botox or fillers, get recommendations and find someone board certified. Ask to see examples of their work.

(From top) **DR. BRANDT** Detoxygen Experience gives skin a boost by "increasing cellular metabolism"; the "unique combination of vitamins" in **JERGENS** Ultra Healing Lotion "doubles the hydration in skin"; prescription **TAZORAC** retinoid cream "increases collagen production and cleans out pores"; Brandt says the at-home **PALOVIA** Skin Renewing Laser "uses the same fractional laser technology I've used for years on my patients" to reduce fine lines; the "patented blend of plant extracts" in **DR. BRANDT** Dark Circles Away collagen eye serum actively de-puff; **RELASTIN** Zinc Firming Complex "helps keep skin taut and resistant to wrinkling."