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1307 S. International Parkway, Suite 2091  
Lake Mary, FL 32746  
Phone: 407-771-0404  
Fax: 407-771-0405

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MEDICAL REJUVENATION CENTER  
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Lake Mary, FL 32746

# ANTI-AGING CORNER

BROUGHT TO YOU BY:



## Less Downtime and Better Results with Latest Laser Technology at Eterna M.D.



Carlos E. Mercado, M.D.

By: Karen LeBlanc

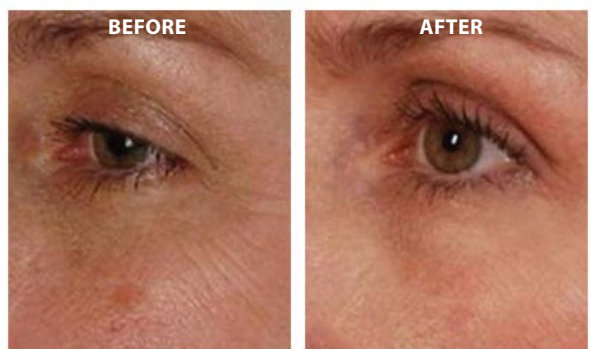
As we age, many of us feel younger on the inside than we appear on the outside. A little refresher with the latest laser DOT (Dermal Optical Thermolysis) technology can change that. Just ask former fashion model Marilyn Stuart, a client at Eterna M.D. At 72 years old, she recently opted to undergo DOT laser skin resurfacing instead of a facelift and found the results so amazing that she subsequently had her hands done. The author and public speaker lives a high profile life and wanted her youthful attitude inside to reflect in the way she looked.

“The saying goes that we aim to age gracefully and I tried it, but it doesn’t work. I feel like 54 years old inside but the image in the mirror did not match how I felt inside. The DOT laser was my attempt to match the outer with the inner,” says Marilyn.

At Eterna M.D., men and women are discovering the powerful results of the DOT laser. “The results were even better than I expected,” says Andrew Dorko, an Eterna M.D. client.

DOT laser is a fractionated CO<sub>2</sub> laser far superior to the original CO<sub>2</sub> laser, which has been around for 20 years. This new skin resurfacer splits the CO<sub>2</sub> energy into smaller, gentler pixels and offers almost the same wrinkle-smoothing and skin-tightening with much less downtime. Typically, the downtime with the DOT laser is three to five days as opposed to the original CO<sub>2</sub> lasers that produced weeks of oozing, flaking, and redness. Best of all, the DOT laser requires, in most cases, only one treatment to achieve desired results.

In this edition of Anti-Aging Corner, we speak with Eterna M.D. clients about their experiences with this latest skin resurfacing laser and the dramatic results achieved.



**DOT THERAPY ERASES WRINKLES & BLEMISHES**

### **Why did you both decide to have the DOT laser procedure?**

Marilyn: The aging process is something women either face or deny. I knew that my face was showing the signs of aging, so I originally consulted a plastic surgeon who wanted to do a facelift at a cost of \$7,000. I would’ve needed a series of medical tests, which my insurance doesn’t pay for, plus I am scared of surgery. I don’t even have my ears pierced. I met with Dr. Mercado and he determined that I was a good candidate for the DOT laser.

Andrew: I wanted to rejuvenate my skin and get rid of the wrinkles. I found out about the DOT laser during one of my regular visits to Eterna M.D.

### **Describe the procedure?**

Marilyn: I am very scared of pain. Dr. Mercado applied a topical anesthesia to my face before the DOT laser procedure, and I felt only a slight discomfort. The laser felt like a quick zap and by the time the discomfort registered in my brain, he had moved the laser to another spot on my face. After he zaps an area with the laser, he applies cold air that helps soothe the skin. After the procedure, I immediately got up and felt fine. Once the topical wore off, my face felt like a sunburn. The following morning, the burning stopped. My face peeled over the next three days and it was like sandpaper coming off. I could go out in public with moisturizer and foundation during my recovery and by day three my husband said, “You look younger!”

Andrew: The laser treatment was very comfortable. This was my first experience with any type of laser treatment.

### **How long was the downtime or recovery time?**

Marilyn: I did the DOT laser on a Thursday and four days later, I felt presentable in public without the peeling and dry skin. The recovery time definitely is under a week. I look like I just got back from Saint Tropez.

### **Are you both happy with the results of the DOT laser procedure?**

Marilyn: I am ecstatic about the results. The DOT laser worked so well for me that I don’t need Botox injections on my forehead. The skin on my neck is tighter and my skin is pink, bright and healthy. In my opinion, the DOT laser produced more natural-looking results than a facelift and at a fraction of the price.

## **Upcoming Seminars at Eterna M.D.’s Lake Mary location**

### **Stem Cell Rejuvenation**

November 22, 10:30 a.m. - 12:00 p.m.  
Eterna M.D.’s Lake Mary location  
Participants will receive \$500 off the procedure.

### **DOT**

November 8, 10:30 a.m. - 12:00 p.m.  
Eterna M.D.’s Lake Mary location  
Participants will receive \$250 off the treatment.

Register online at [www.eternamd.com](http://www.eternamd.com)  
or by phone at 407- 771-0404.

Eterna M.D.’s Board Certified Specialists Mara De La Vega, M.D. and Carlos Mercado, M.D. offer free consultations on all procedures and 100% financing is available to clients.

As for my hands, the DOT laser removed the age spots and tightened up the skin. I am going on a trip to Italy and am excited about wearing my rings to show off my youthful-looking hands.

Andrew: The results were more than what I expected. My forehead has no lines and my crow’s feet are pretty much gone. My skin is very smooth and perky.

### **What would you say to others considering the DOT laser?**

Marilyn: Here is my totally narcissistic viewpoint: I was a model when I was younger. You become invisible as you age and I was used to being attractive, commanding attention. The technology we have today enables us to tweak our appearance and look great for our age. I won’t look 21 again, but I look great for 72. I plan to return to Eterna M.D. and have dermal fillers around my smile lines and to plump my cheeks to lift my jaw line.

Andrew: I would recommend it to anyone who is looking to rejuvenate their skin and be rid of wrinkles.

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