

## Health Talk Radio Network Interview

### Part 5

*The following is excerpted from a radio interview done by Dr. David Goldberg on Health Talk Radio Network during the week of 6/25/01.*

Mike: Welcome back to Health Talk with Mike, Matt, and Shannon, America's fastest growing health show, and we're talking with Dr. David Goldberg, one of the pioneers in laser surgery. We're talking about procedures that you can have done over the lunch hour. And obviously if you've done a tattoo, and maybe it's gone bad, you can use laser surgery to take care of it.

Matt: We've got the process to clean it up.

Mike: Obviously there are people that have chemical peels, and they do things to their skin, and a lot of people overdo it. I guess you could overdo laser surgery as well, couldn't you?

**Dr. Goldberg:** You can overdo anything. First of all, if you don't need a procedure and you do it, that by definition is overdone. As I mentioned earlier in the talk, there are these more aggressive laser procedures known as carbon dioxide and erbium resurfacing that we do use for people with deeper wrinkles. They have been and are still used for people with very fine lines or younger people, and that's really overdone. We don't need to treat them with such aggressive systems.

Matt: Give us some tips on skin care. Once we have a treatment, how do we make it last?

**Dr. Goldberg:** The most important thing to do to make it last is to use appropriate sun protection. That means if you're in warm environments where there's a fair amount of sun, sunscreens should be used that protect you from both ultraviolet B and ultraviolet A exposure. We traditionally have thought of sunscreens in terms of the SPF, sun protection factors, and people talk about sun protection factors of fifteen or higher to protect the skin. The problem with the SPF, the sun protection factor, is it's only a measure of protection against ultraviolet B. In fact, ultraviolet A can be the more damaging of the two ultraviolet wavelengths. That is, it penetrates through glass, it penetrates deeper into skin, and if we simply look at ultraviolet B protection, SPF, we're not going to know how much protection we get from ultraviolet A. So when one buys a sunscreen, it should say that on the label that that the sunscreen protects against both ultraviolet A and ultraviolet B.

Matt: I never heard of that. That's great. Huh.

Mike: So in other words, what you're saying is you want to make sure that you protect the skin when you go into the sun.

**Dr. Goldberg:** Right, but recognize that when you're driving your car, that means you're not lying in the sun. Ultraviolet A, which penetrates deeper into the skin, passes right through glass. Or if you're walking on the street, the sun's rays bounce right off the pavement back in your face.

Matt: After a person had one of your treatments on their skin, if they went and had facials done, would that accelerate the healing and the correction of their wrinkles.

**Dr. Goldberg:** Facials and these lunchtime laser procedures are very different, and one doesn't exclude the other. Frankly one also does not help the other. A facial is done to clean out little blackheads, to make the skin look nicer on the outside. We tend to do microdermabrasions for that as well. But these procedures, as generally performed, don't do anything for the deeper layers of skin, which is what the laser procedures are for.

Matt: It does actually stimulate new collagen formation, so it is a small injury you're creating, and then the skin has to get in there and straighten it up. Is that what I'm hearing?

**Dr. Goldberg:** From the laser procedures, that's absolutely correct.

Matt: OK.

Mike: You know, there are a lot of older women out there – I say women because I know that from the vanity factor a lot of men don't go out and have brown spots taken off their skin or whatever. But a woman that's aging will have brown spots and age spots show up. Is this a procedure that an elderly person can have done on a regular basis to take care of some of those?

**Dr. Goldberg:** We've done laser procedures on people into their nineties. Chronology these days has nothing to do with biology. There are people who are healthy in their eighties, who want to look good, and they regularly come in for these procedures. The brown spot laser is a different laser, but it's very easy for patients because that laser, in contrast to being a series of treatments like the lunchtime laser procedure for the wrinkles is different. That procedure, people will do it once, maybe twice, and they get very dramatic results.

Matt: Varicose veins and spider veins that elderly people have also. I know laser surgery is used for that as well, right?

**Dr. Goldberg:** People think of varicose veins as those big ropy veins on the legs, and lasers traditionally are not used for that. What lasers are used for are the more spider type veins which are bluish or red on the legs. They are also commonly seen on the face.

Mike: They're just little capillaries that have grown closer to the top layer of the skin, right?

**Dr. Goldberg:** Exactly.

Matt: How about if we think about people with darker skin. There are some real olive complexioned people and even black people. Can they have some of these treatments without having white splotches?

**Dr. Goldberg:** The most obvious example where that has become an issue has to do with laser hair removal, which we haven't really addressed. Laser hair removal is based on the premise that the pigment in the hair absorbs the light. So traditionally lasers for hair removal have been only used for light-skinned, dark-haired individuals. Over the last year to year-and-a-half we have a whole new generation of lasers that are used in darker skin types, and we use them in African-Americans, Hispanics, and suntanned Caucasians.

Mike: What about people that freckle throughout the year?

**Dr. Goldberg:** Freckles are very easy to treat. They're like those brown age spots.

Matt: One quick zap of the laser.

Mike: How many freckles can you get rid of in a lunchtime procedure?

**Dr. Goldberg:** As many as you want.

Mike: Really!

**Dr. Goldberg:** Oh, yeah.

Matt: Wow. So this laser you're talking about literally does about a two-inch patch?

**Dr. Goldberg:** Depending on the system used, it's anywhere from about a half-inch to two inches.

Mike: So you just bzzt, bzzt, bzzt, move the laser up and down somebody's arm and just get rid of their freckles that way?

**Dr. Goldberg:** They zap anywhere between one zap a second to three zaps a second.

Mike: And they just disappear from the skin?

**Dr. Goldberg:** No, with these brown spots you're left with a very faint scrape and they disappear usually over the next four weeks.

Matt: You cautioned us earlier to go with a physician who's had a lot of experience. How many procedures would you estimate that you have done?

**Dr. Goldberg:** In my sixteen years?

Matt: Well.

**Dr. Goldberg:** We actually counted our numbers about a year ago so I can give you the numbers from a year ago. I think we're one of the leading cosmetic laser centers in the world. We have done an enormous number of procedures. We are somewhere now close to seventeen thousand procedures that we've done.

Matt: And there's never been a bad one in there?

**Dr. Goldberg:** There's always a possibility of scarring, and even in a place like ours where we've done about seventeen thousand we now have some documented scars that are like chicken-pock marks. So it's never zero. It's kind of like crossing the street. There's always a chance of being run over but it's extraordinarily rare to have a scar if these procedures are done with an experienced doctor.

Mike: Out of all the procedures you've done, the amount, that's a very, very, very high percentage of success.

**Dr. Goldberg:** It's as close to zero as you're going to get.

Matt: When you talk about being involved in research, do you actually do this for people for free?

**Dr. Goldberg:** In our center, and through my affiliation as the Director of Laser Research at NY's Mount Sinai School of Medicine, studies traditionally are done for free. We get people who volunteer for these treatments, and you know, frankly, some of the treatments don't work. That's the nature of research. But often they do, and people receive many free treatments.

Mike: We're going to talk more with Dr. David Goldberg. We have our rapid fire round coming up, and the answers to more of your email on Health Talk with Mike, Matt, and Shannon.

(To be continued...)

Coming Soon:

Dr. Goldberg recently did three interviews on CNN's Headline News. They played all day on Sunday, January 20 and inspired a huge wave of viewer emails and inquiries. Check back in a few days to see the replays in streaming video on his web site.

<http://www.skinandlasers.com>

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