



CLASSIC TREATMENTS

Skin disorders and sexually transmitted diseases • Allergology • Skin cancer
check-ups • Vein disorders • Operations and laser surgery • Light therapy
Lymph drainage • Hair and hair disorders





Dear Patients,

The skin is the largest and perhaps also the most sensitive human organ. It performs key functions, too. Skin texture and structure differ from person to person and they say a lot about how we have treated our body over the years. Not without reason is the skin sometimes referred to as the mirror of the psyche. Our skin is directly exposed to environmental influences and we often have a genetic predisposition to certain problems such as allergies or vein disorders. That is why the medical field of dermatology is made up of several different areas of expertise, all of which are catered to by our practice.

We are aware of approximately 3,000 different skin disorders. Some affect a broad cross section of the population and are harmless, others are extremely rare and can be terminal. There has been an increase in the incidence of allergic and sun-related skin disorders over recent years. For example, surgery on skin cancer or pre-skin cancer is the most frequent type of surgery performed today on outpatients at specialist surgeries.

Please do not hesitate to contact us for medical advice.



Dr. med. Stefan Duve



Dr. med. Hans-Peter Schoppelrey



Dr. med. univ. Wolfgang Niederdorfer

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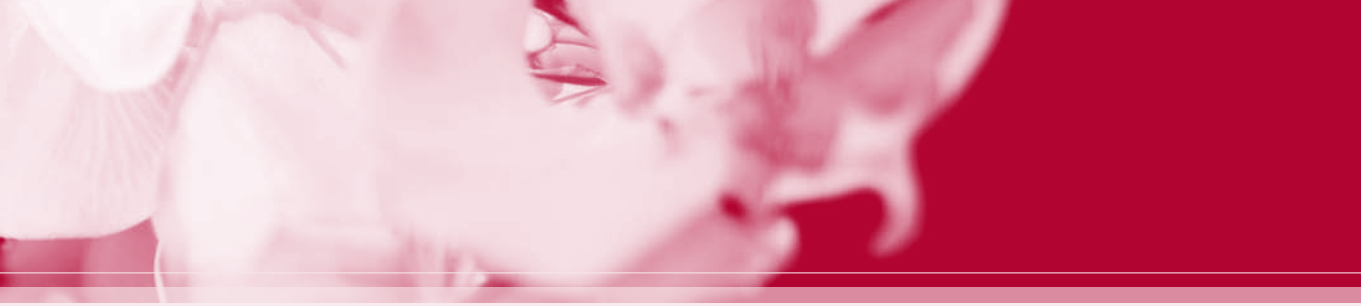
SKIN DISORDERS AND SEXUALLY TRANSMITTED DISEASES

Dermatologists treat all diseases and disorders that affect the skin. This traditionally also includes the diagnosis and treatment of sexually transmitted diseases, which have been on the increase over recent years.

ALLERGOLOGY

This specialist field of dermatology identifies allergies to inhaled allergens, foods and contact allergens by way of skin tests and blood analyses.

Allergy-induced asthma and allergy-induced rhinitis can be treated with medication. We can also alleviate or rid the patient of these symptoms by hyposensibilisation, a treatment which involves minute amounts of the allergen (e.g. pollen or household dust) being injected underneath the patient's skin. The immune system is then stimulated to develop an increased tolerance to the allergens, thus rendering the problematic allergens harmless on natural exposure.




SKIN CANCER CHECK-UPS

Around 120,000 people are diagnosed with skin cancer in Germany every year. Some 8,000 of them have malignant melanomas. Over 2,000 people - many of them young - die every year from skin cancer, even though skin cancer is always curable if it is diagnosed in time! Most types of skin cancer are caused by exposure to the sun or tanning beds.

A number of factors also considerably increase the risk of melanoma:

- ++ Many moles (rule of thumb: the more moles a person has, the greater the risk)
- ++ One or several family members suffering from melanomas
- ++ A melanoma in the person's previous medical history
- ++ Birthmarks which are larger than 1 cm in diameter
- ++ Severe sunburn as a child or adolescent

Skin cancer check-ups, like any other check-up, should be performed regularly. The intervals between check-ups depend on skin type, age, number and type of moles and sun damage history. We determine individual check-up intervals after the first check-up, when we can use invaluable technical innovations such as the reflected-light microscope and video-supported photo documentation.

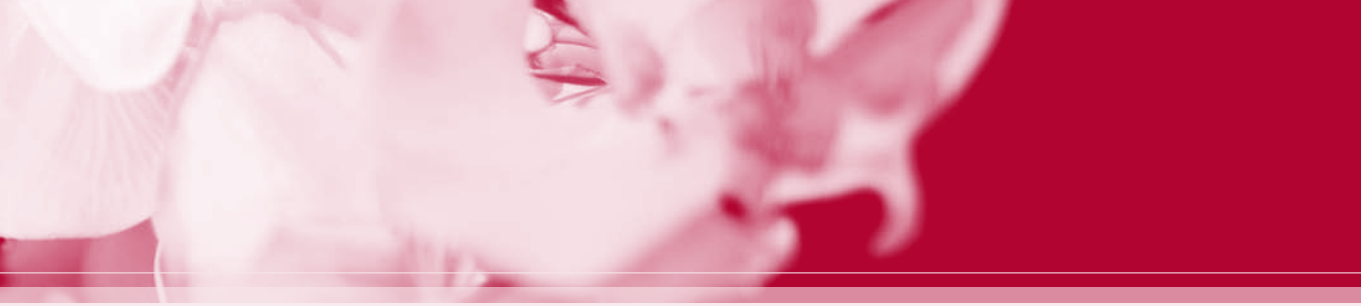


We inspect the entire skin and evaluate any abnormal findings. It is generally possible to make a precise diagnosis with a reflective-light microscope. Any abnormal moles are scanned using state of the art computer technology and the likelihood of them being malignant is calculated on the basis of a range of criteria. In most cases, it is not necessary to surgically remove the mole. Any abnormal findings are compiled in a detailed mole catalogue by video camera. This includes taking and digitally storing monitoring photos. Moles which require monitoring are also microscopically photographed and measured. The digital storage of photos of the skin enables regular, objective and detailed comparisons of the skin's condition at previous check-ups and its current condition, right down to microscopic level.

VEIN DISORDERS (PHLEBOLOGY)

Sclerotherapy is a non-invasive method of treating small varicose veins and spider veins. A sclerosing solution is injected into the veins and the patient then has to wear a compression bandage for 3 days.

It is also possible to cauterise certain types of spider veins with a laser. The skin should not be suntanned when this procedure is performed. If the spider veins extend over large areas of the skin, several sessions may be necessary.



OPERATIONS AND LASER SURGERY

We have 2 surgical units at our practice where we perform many out-patient procedures every year. Our comprehensive range of surgical procedures extends from tumour surgery, through laser surgery treatments to cosmetic surgery.

LIGHT THERAPY

Ultra-violet light (UV-A, UV-B) can alleviate the symptoms of various skin disorders such as psoriasis and neurodermatitis. Light therapy can supplement medicinal therapy and, in some cases, it can replace it.

LYMPH DRAINAGE

Local lymph blockages, e.g. after surgery, liposuction or inflammatory skin diseases, can be eliminated either manually or by way of LPG massage to support and speed up the healing process. Several massages will be necessary to achieve the desired result.

— Visit www.haut-und-laser-zentrum.com for further information.



HAIR AND HAIR DISORDERS

Hair disorders are some of the most complex disorders treated by dermatologists. Very few structures in the human organism are as sensitive as hair roots. Hair growth can be impaired by all kinds of internal and external factors. Hair disorders can affect the hair structure, the scalp or hair growth. We also differentiate between excessive hair growth and hair loss.

Excessive hair growth

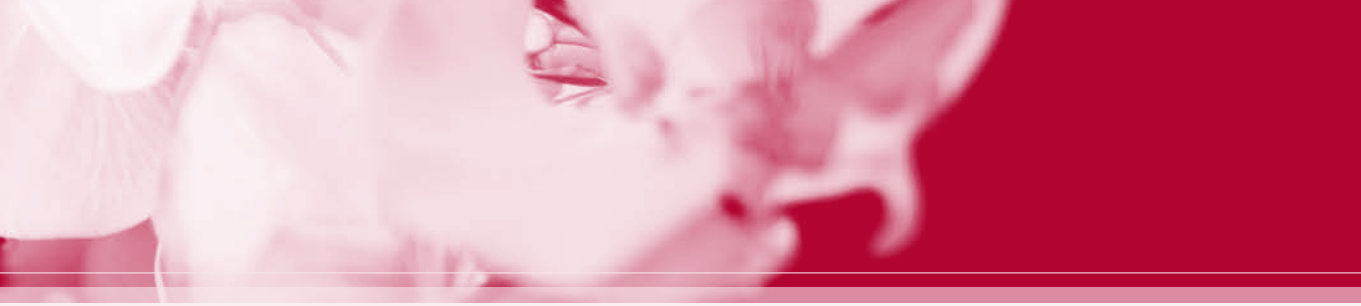
Smooth, stubble-free skin, perfect legs, no need to shave or wax the legs or bikini zone ever again. Excessive body hair is a cosmetic problem that can also be a psychological problem for many women and men. Excessive hair growth can be pathological, stemming, for example, from hormonal causes. However, in most cases, it is simply due to genetic predisposition.

HAIR REMOVAL CREAMS

Hair removal creams which destroy the hair structure have been available for many years already. One product, which has been available since 2004, affects the cell division cycle to slow down hair growth. This cream has to be applied twice a day, every day.

MECHANICAL HAIR REMOVAL

Procedures such as epilation, waxing, shaving etc. remove the hair mechanically, and fine needle



epilation physically removes it.


LASER EPILATION

Laser epilation is superior to all other methods in terms of its efficiency and permanence. We currently have various laser systems and a high-energy strobe lamp at our disposal for effective and safe hair removal. We have been using the third-generation diode laser at our practice for 10 years now with extremely good results.

Laser epilation takes effect at the roots. A high-energy beam of light is emitted from the laser and penetrates the epidermis into the root. The laser's heat targets and destroys the root while leaving the surrounding tissue undamaged and drastically reducing hair growth.

Laser epilation is most effective when the hair is in the growth phase. Since hairs grow in cycles, the sessions are booked at intervals of 3 to 6 weeks. Around 5 to 7 sessions are necessary to achieve a satisfactory result. Laser epilation is a gentle procedure which is suitable for various parts of the body such as face, arms, legs, underarms, bikini zone or back.

The hair should not be plucked or epilated in the days prior to laser epilation. Best results are achieved on dark hair and untanned skin. Avoid direct exposure to sun and tanning beds for around 2 weeks after the treatment. If this is not possible, apply a high factor sun screen to the treated area.



This procedure can be performed without a local anaesthetic. Laser epilation is not particularly effective on grey and light blond hair.

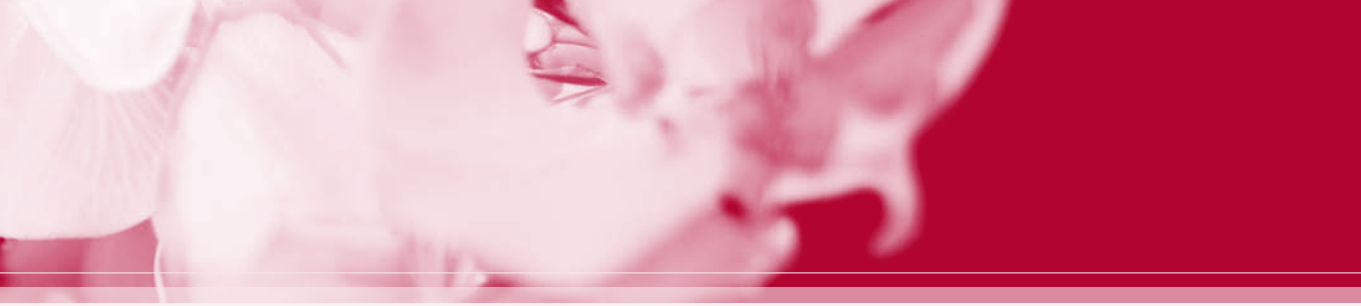
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Hair loss

When a person suffers from excessive hair loss, we initially ascertain whether the hair loss has pathological causes, e.g. alopecia, or whether it is due to other causes such as medication or internal disorders such as thyroid problems. Hair loss is usually due to genetic programming and, in this case, there are effective local and systemic therapies available today.

MESOTHERAPY

Mesotherapy is an effective treatment for hair loss. It is a combination of neural therapy, medication therapy and acupuncture. Tiny amounts of an active ingredient blend, individually tailored to the patient's symptoms, are administered by way of barely noticeable micro injections to a depth of 1 millimetre below the scalp. This revitalising cocktail directly nourishes, stimulates and regenerates the hair roots and promotes hair regrowth. The treatment will only work if the roots are still alive. We always supplement the mesotherapy treatment with hormones to further boost hair growth.



5 to 8 appointments at 2-week intervals are necessary to stimulate hair growth, and the growth usually commences after 2 to 3 months. The hair has to be washed thoroughly before each treatment. Colorations and perms should not be applied in the 24 hours after the treatment. This is an out-patient treatment which involves minimal discomfort and is very well tolerated.

— You can find further information in our “Mesotherapy” brochure and at www.haut-und-laser-zentrum.com

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