

Busting myths regarding skin care

Cosmetic dermatologist Dr Jaishree Sharad aims to create awareness about skin treatments

Our Correspondent
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FOR DR Jaishree Sharad (35), a cosmetic dermatologist in Navi Mumbai, her profession is her passion.

"It's not just my work, it's my hobby too," says Jaishree who is on a mission to create awareness about skin care in the city. The doctor attended an international conference on dermatology in Europe recently. Her patients include models and page-3 celebrities, among others.

She keeps herself updated on latest findings in skin care by attending national and international workshops. She also gives presentations at both international and national-level conferences in cosmetic dermatology and cutaneous surgery.

"Through lectures and workshops, I try to bust various myths regarding skin care.



SATISH JADHAV

Dr Jaishree Sharad has many achievements up her sleeve.

I suggest various simple remedies that can be easily tried at home," she says.

Talking about her life, she says, "I passed MBBS in 1994. Then I completed post graduation in dermatology (skin) from Nanavati Hospital and

Medical Research Centre, Mumbai, in 1999. I then obtained fellowship in dermatologic laser surgery and cosmetology from Bangkok."

She then went on to study various other fields like botox and fillers from Hong Kong

and Melbourne, Australia, followed by meso-therapy and anti-aging therapy from Spain, cosmetic dermatology in France and Shanghai in 2008.

So how has been the response so far? "At least 500 women have benefited by these seminars. I talk about skin care, hair care, acne, new treatments in skin, anti-aging treatments like botox, fillers, non-surgical skin tightening, laser hair removal, winter skin care, skin care for teenagers, skin care for older women. Seminars have certainly made people aware," she says.

Elaborating on the awareness part, she adds, "Now people know about skin care, they do not try out over-the-counter medicines or some home remedies that can be harmful for them. Myths about treatments like botox, laser hair removal have also been dispelled."

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WHEN BEAUTY IS SKINDEEP

CUTANEOUS SURGERY—This includes acne scar surgery, radio-frequency surgery for removing moles, warts, cysts, surgery for ingrowing toe nail, ear lobe repair.

MESO-THERAPY—Very low dose vitamins injected into the skin to give a glow. Secondly, low dose fat dissolving injections injected into small pockets of fat such as double chin, to get rid of the same.

BOTOX—Is an injection comprising of a purified protein derivative of botulinum. It is injected in very tiny doses to relax the muscles which cause wrinkles such as crow's feet, frown lines, thus making the wrinkles disappear for six months.