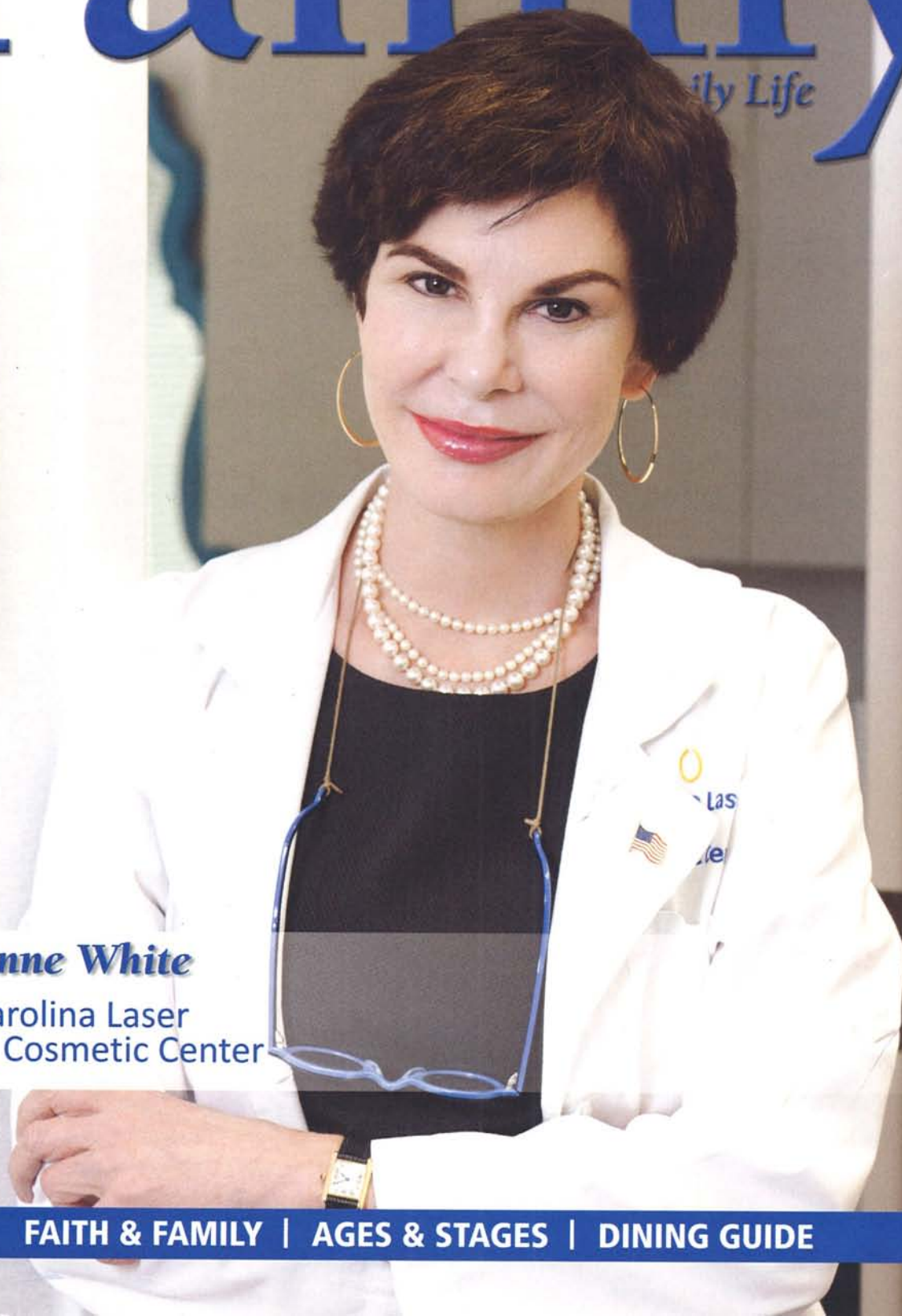


# Forsyth Family

October 2014

Family Life



**Dr. Anne White**

 Carolina Laser  
& Cosmetic Center



# Dr. Anne White

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By Carolyn S. Peterson

As a child, Dr. Anne White saw first-hand the difference medicine and a dedicated physician could make in the lives of others. "My father, Dr. Arthur White, was an infectious disease physician and he founded the infectious disease divisions at three medical schools, the University of Louisville, the Medical College of Georgia in Augusta and Indiana. Several of my uncles were also physicians, so from an early age I was exposed to the medical field, but I didn't decide to pursue a career in medicine until my sophomore year at Vassar College, when I reconsidered my studies and degrees of French and Psychology and turned my attention to medicine," recalled Dr. White. Her original thought was to become a Psychiatrist, but it was the artistic, visual and creative field of dermatology that Dr. White decided would be her specialty. "I began my residency in dermatology at the Medical University of South Carolina, Charleston, SC, and completed my residency in Family Practice at Wake Forest Baptist Medical Center in Winston-Salem, NC. I am board-certified in Family Medicine and have been in private practice here in Winston-Salem, NC, since 1988, with an emphasis in cosmetic and laser procedures since 2002. I have been very fortunate to have trained under physicians such as Dr. Jean Carruthers, who pioneered the use of Botox in the field of cosmetic dermatology, Dr. Kevin Smith, a luminary in the field of dermatology, and Dr. Jeffrey Klein, who is known for his specialty of tumescent liposuction. My practice grew out of the expert training I received and continued education on the latest advancements in cosmetic dermatology. The field of cosmetic dermatology is ever-changing, and I believe it is very important for my patients to be able to get the latest in non-invasive cosmetic, laser, surgical and dermatological treatments," Dr. White said.



Photographs by Katie Dickson





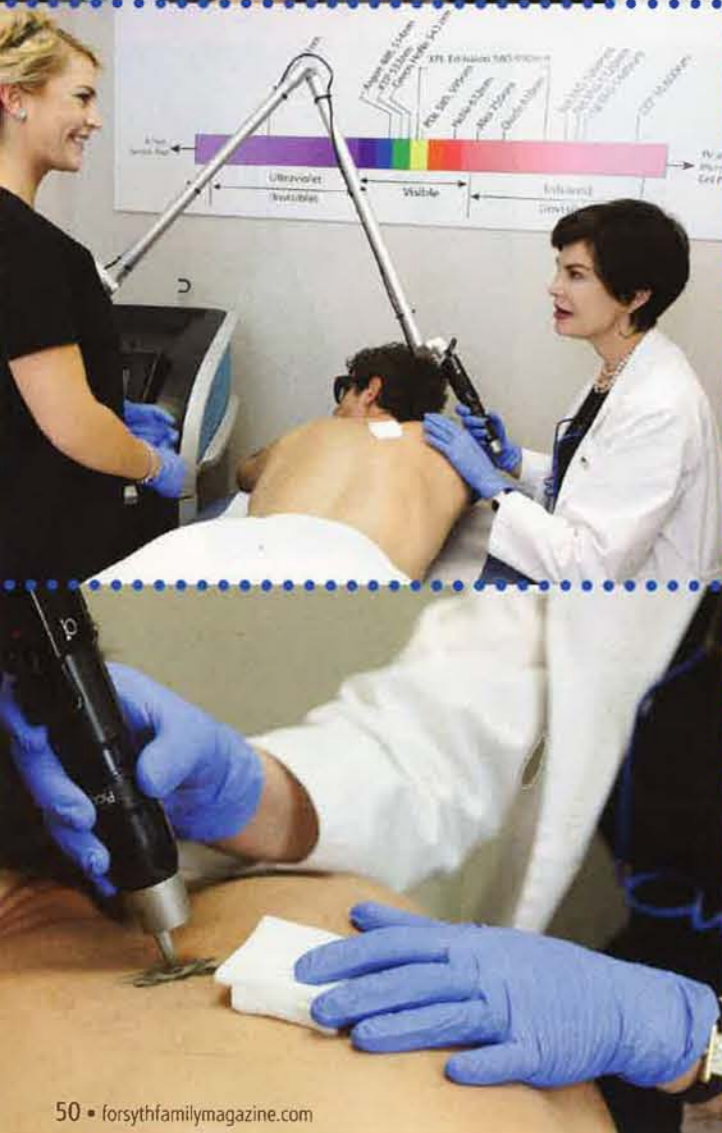
.....Patient Comfort and Care Are Priority.....

Dr. White is known in the Winston-Salem, NC, area as one of the most experienced physicians for dermal fillers and injectables, including Botox, Restylane, Perlane, Juvederm, Belotero, Radiesse, Xeomin, Dysport and Sculptra. As a Fellow of the American Society for Laser Medicine and Surgery, Dr. White has specialized in cosmetic laser treatments for the face and body for more than 10 years, including -- Laser Liposuction for fat removal and body contouring, Laser Cellulite Removal, Laser Facelift and Neck Contouring, Laser Hair Removal, Laser Tattoo Removal, BBL Phototherapy, Laser ProFractional Therapy for skin resurfacing and laser treatments for skin rejuvenation, sun damage and pigmentation problems, along with spider veins and varicose veins. Dr. White also offers the New Thermage CPT and Ultherapy Ultrasound Facelift to her patients. Over the years, Dr. White has seen an increase in two areas of her practice. "Patients are seeking non-invasive treatments for fine wrinkles in the face, which are treated with injectables and fillers, but I have had an increase of patients with tattoos they want removed. I use the latest in tattoo removal, the PicoSure laser," Dr. White stated.

.....PicoSure.....

Getting a tattoo can represent a milestone in a person's life, but according to recent consumer research studies, nearly 20 percent of the 45 million Americans with tattoos will eventually regret their decision. "The statistics for tattoos are interesting. 59% of women have tattoos, compared to 41% of men; 69% of patients who want their tattoo removed are female, single, college-educated and between the ages of 24-39. With the regret factor, tattoo removal procedures saw a 32% increase in 2011. While everyone has a different reason for getting a tattoo, the reasons for having one removed are somewhat consistent," commented Dr. White.

Those reasons include simply growing tired of the tattoo, limited clothing options, particularly at work, and then not wanting their children to see the tattoo. "For many of my patients, their tattoo may have seemed like a good idea in their 20s, but in their 30s, it just doesn't fit them as a person now. Some feel embarrassed or believe that it may affect their job opportunities." Whatever their reason for wanting a tattoo removed, through the use of picosecond technology, the removal takes half the time as it did in the past. Carolina Laser & Cosmetic Center is one of the first facilities in North Carolina to offer the use of the PicoSure laser. Ultra-short pulse bursts of energy are delivered to the skin in just trillionths of a second. The picosecond pulse width is 100 times shorter than the nanosecond technology used with traditional tattoo removal systems. Clinical studies show that PicoSure is able to treat darker, multi-colored and complex tattoos more efficiently, with unprecedented clearing of blues and greens, in much less time," Dr. White stated. In layman's terms, the inks used in a tattoo are injected at the dermal level of the skin, leaving behind pigment. When the tattoo needle penetrates the skin, the ink represents a foreign body to the immune system, alerting it to clear the ink from the dermis. Specialized cells called macrophages virtually engulf the invading material in an effort to remove the tattoo ink. Because the ink particles of a tattoo are larger than the macrophages, they are not able to engulf the ink, so the ink of the tattoo remains and is visible through the skin. Lasers are used in tattoo removal because they shatter the ink into tiny particles, so that the macrophages can engulf the ink and eliminate it from the body. "The PicoSure laser expedites the degradation of the ink used in a tattoo. Over time, a tattoo fades due to the ink degrading, but a laser speeds up the process and allows the macrophages to do their job.



Because the PicoSure laser is so fast, the removal of a tattoo requires about half as many sessions as in the past, depending on the factors of each patient, including skin pigmentation, ink colors used in the tattoo, scarring, layering of tattoos, etc. PicoSure treatments are scheduled 6-8 weeks apart to allow for the fading that occurs following a session and to get the full benefit of PicoSure," commented Dr. White. With the speed of the laser you might think there would be discomfort at the tattoo site, but Dr. White and her staff make patient comfort a priority.

"At Carolina Laser & Cosmetic Center, we go to extremes to make patients comfortable during their treatments. For laser tattoo removal, we use a topical and injectable numbing agent, so the discomfort is minimal. Our staff members are either RNs, LPNs or CMAs, and are trained in both laser physics and laser safety by the American Society for Laser Medicine & Surgery to insure the best care possible." Laser technology is a great advancement in dermatology, but the industry is such that many places can offer lasers without being physician-supervised and without maintaining the calibration of the laser. The maintenance of lasers is very important to make sure burning and scarring of the skin does not occur. Our lasers at Carolina Laser & Cosmetic Center are kept under warranty and serviced regularly by the manufacturer, and are calibrated to keep the machines operating in the proper manner," Dr. White said. For members of the military and first-responders, like police and fire personnel, Carolina Laser & Cosmetic Center offers a 30-percent discount. "Recently our military branches have instituted policies about tattoos and their placement, so many of our service men and women need to have tattoos removed. I believe we should honor those who protect and serve us and the discount we offer for tattoo removal is a way that I believe we can give back to those who give so much to us," stated Dr. White. But Dr. White also knows



that "giving back" is something she also needs to do for herself.... With her growing practice, Dr. White believes that having a balanced life not only makes her a better physician, but more able to connect with her patients. "My time away from the office is spent doing the things I love most...gardening and cooking. Right now my garden is full of a few varieties of pumpkins and I love growing herbs to use in my cooking. There's nothing like fresh ingredients. I also spend time with my two beagles, Ollie and Scout, as well as my two cats, Tate and Bob. As the mom of two adult children, Kate Davis, who lives in Asheville, and Ben Davis, who lives in the DC Area, I am busy with all that makes up my life, but I love what I do and the way I am able to help my patients. I wouldn't change a thing," Dr. White said.

Carolina Laser & Cosmetic Center is located at 145 Kimel Park Drive, Suite 140, Winston-Salem, NC. For more information call 336-659-2663 or visit [www.carolinlaser.com](http://www.carolinlaser.com).

**Tattoo Regret?**  
.....  
**Not Anymore.**

Before After

BEFORE AFTER 3 Tx AFTER 20 Tx Q-SWITCHED Nd:YAG AFTER 4 Tx PICO-SURE

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PicoSure successfully removes black, multi-colored, and previously treated tattoos. Even difficult ink colors, such as blues and greens, are no match for PicoSure. Fewer treatments, faster recovery time, and greater results are achievable with PicoSure's groundbreaking picosecond technology.

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