

Dr. Kenneth Beer at Palm Beach Esthetic



[Palm Beach Dermatologist](#)

Website: [Dr. Kenneth Beer at Palm Beach Esthetic](#)

I am fascinated by the structure and function of the skin and how it relates to the person's appearance and self image. I realized during my training that most people were more motivated to deal with skin issues than to deal with other issues and the rapport with these individuals was significantly different and more rewarding than with people that did not want to go to a doctor. I try to bring my experience from my training into my patient interactions and to bring both of these to bear on my products.

Palm Beach Esthetic description:

Dr. Kenneth R. Beer, M.D. grew up in Woodmere, N.Y. He was an A.B. Duke Scholar at Duke University where he graduated Phi Beta Kappa. Dr. Kenneth Beer received his medical degree from The University of Pennsylvania in 1989. After an internship in internal medicine, he completed his dermatology residency and dermatopathology (the microscopic study of the skin) at The University Of Chicago.

Dr. Kenneth Beer is board certified in dermatology by The American Board of Dermatology and is also board certified in dermatopathology. At the present time, Dr. Kenneth Beer is a clinical instructor in dermatology at The University of Miami. He has published several articles, has recently been quoted in Elle, Self, Good Housekeeping and Marie Claire and can be seen on television news programs.

Dr. Kenneth Beer is a fellow of the American Academy of Dermatology (where he serves on the Melanoma and Recredentialing Committees), the American Society for Dermatopathology, the American Society for Dermatologic Surgery, the American Society for Mohs Surgery and numerous other professional organizations.

He and his family live in Palm Beach Gardens, FL. Dr. Kenneth Beer's hobbies include fishing and diving.

Answers from Dr. Kenneth Beer

What's the difference between popular wrinkle fillers?

Restylane, Perlane, Juvederm, and Radiesse Wrinkle Fillers

- Compared with [Restylane](#), [Perlane](#) or [Juvederm](#), [Radiesse](#) is a more long lived filler. This can be either good or bad, depending on your satisfaction with the product and how it looks.
- Radiesse is an opaque product whereas [Juvederm](#) and [Restylane](#) are clear so it is possible to get white bumps with [Radiesse](#).
- If you get bumps from [Juvederm](#) or [Restylane](#) or [Perlane](#) they will be clear.
- In addition, since [Juvederm](#) and [Restylane](#) and [Perlane](#) are all hyaluronic acids (Radiesse is made from calcium hydroxylapatite- a bioceramic material), they may be digested and dissolved by injecting something called hyaluronidase.
- The important part is that they are all safe and effective but [Restylane](#), [Perlane](#) and [Juvederm](#) are clear and reversible.

What ingredients should I avoid in skin care products?

Mature skin that is thin should avoid having too much acid applied to it (e.g. glycolic acids).

As long as the skin is not overly sensitive or thin, there is no intrinsic reason that mature skin needs to avoid any specific ingredient.

Granted, it may be necessary for mature skin to gradually get accustomed to some ingredients and this may necessitate application of product every third night instead of every night but in most instances, mature skin will tolerate most ingredients if they are introduced in the right manner.

What's the best daily skin care regimen?

Target skin needs by skin color, texture, sensitivity, medical issues

I recommend specific regimens based on the patient's skin color (fair, mid or dark), texture (thin or thick), sensitivity (easily irritated or not) and other medical issues such as rosacea, eczema or psoriasis.

For most people, I recommend cleansing morning and evening, application of antioxidants following this, application of sun protection in the morning and of moisturizers and repair ingredients in the evening.

In addition, I would add retinol or a retinoid product a few times per week and I also like to have my patients exfoliate with a home microdermabrasion system that I use.

What's the best hair removal treatment?

- For large portions of the body, laser is the way to go – it is efficient and does a great job of hair reduction. I use a Candela device that has a freezing device that chills the skin, making it more comfortable for the patients.
- Electrolysis is ok for small areas and for hair that is fair.
- IPL is getting better for hair reduction but most devices are not powerful enough to really do the job.

How can I prevent age spots?

See a dermatologist frequently and get rid of any spots that you have. Use high (eg. 50 or higher) spf with UVA protection in it.

Try to use brighteners on these areas if you notice spots forming.

Incorporate antioxidant skin treatments with cleansers

- Stop smoking, avoid sunburns, stay away from tanning booths and eat sensible.

- Dietary issues are becoming significant with the advent of numerous fat diets, some of which can deprive the body of essential fatty acids needed for the formation of ceramides and other ingredients that are vital to skin health.
- Get enough sleep because sleep is the time the skin can repair itself.
- Adopt a sensible skincare regimen- if you can use four products, great. If you can use three, that is fine as well but whatever the number is, try to incorporate antioxidant skin treatments with cleansers that make sense for you.

A doctor's wish list

1. I wish they would stop smoking and getting too much sun. Smoking is idiotic from a health perspective and it wrinkles your skin. Getting some sun is OK but getting burned is really something I wish they would stop.
2. I wish my patients would be more consistent in their skin examinations and come to me earlier when something is changing on their skin.
3. I wish they would call me when they are frightened about something so that I can help them.
4. I wish they would stop having fits when I (or any other doctor that works hard) runs late- most of us are not on the phone scheduling a golf game or speaking with our brokers but rather dealing with someone that is having a problem that we did not schedule.

Avoid products that promise better results than injections

Ingredients that advertise that they are better than injections or things that melt fat- they don't. That is not to say that they won't- there are some great products that are in the pipeline but at the present time, there has been exactly one study comparing the leading advertised product with Botox (www.blackwell-synergy.com/doi/abs/10.1111/j.1524-4725.2006.32036.x).

How To Work best With Your Doctor

- See a dermatologist to get a skin cancer screening
- Make a separate appointment to discuss cosmetic and anti aging skin treatments. Stop trying to jam too many appointments into one visit either

because the patient doesn't have time, the physician doesn't have time or the patient wants to be economical and cram two visits into one.

- I would hope that the patient will say to the dermatologist "Listen, I am very interested in looking my best. I realize that this is not the best time to concentrate on those issues, can I make a separate appointment to do this?". For a physician, this means that the patient wants to make the investment and will be a Partner in his or her care. It signals an entirely different relationship than the one that begins with trying to get everything into one visit (particularly if it is a managed care visit).
- I wish all of my patients would take the time and effort to understand cosmetic and surgical treatments as well as the physicians or "technicians" that deliver them. By this, I mean that a lot of my patients, including really smart and wealthy ones, have no idea what the training (or lack thereof) of the person that is injecting them.
 - When they see someone that is a family practice doctor, gynecologist or pathologist to get "cheap Botox", do they realize that someone that will cut corners and not complete any formal training would also cut corners by injecting water instead of [Botox](#) or worse? See a board certified dermatologist with a medical degree, a plastic surgeon with a medical degree or a facial plastic or oculoplastic surgeon with a medical degree.

Treatments offered by Palm Beach Esthetic

[Botox](#) [IPL](#) [Juvederm](#) [Laser hair removal](#) [Perlane](#) [Radiesse](#) [Restylane](#) [Sculptra](#)