



Sneak Peek 2013 Horoscope
For Our Favorite Stars
Beyoncé



Sharon Stone
Hosts Designer Handbag
Auction For Lupus Foundation



Hollywood Diva Glam
Furniture Designer
Cindy Rocker

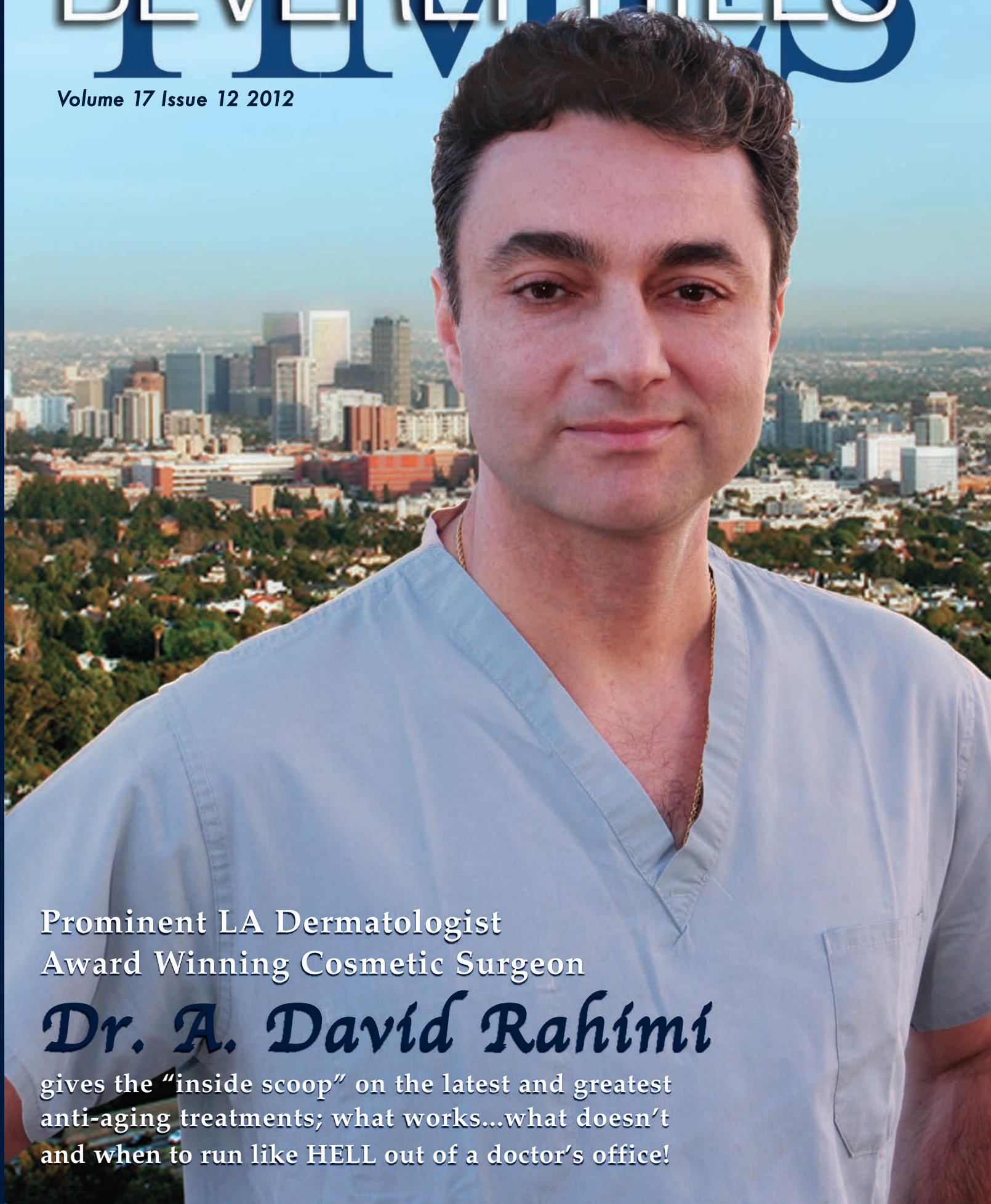


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Performs at JWC Gala

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Prominent LA Dermatologist
Award Winning Cosmetic Surgeon

Dr. A. David Rahimi

gives the "inside scoop" on the latest and greatest
anti-aging treatments; what works...what doesn't
and when to run like HELL out of a doctor's office!



STORY
Suzanne Takowsky
PHOTOS
David Sobel
Marshall Thompson

A Man with Vision and on a Mission to Lower Risks and Improve Results of Cosmetic Surgery

Dr. A David Rahimi

In a city like L.A. where everyone claims to be a “star” in their profession, it’s impossible to know who is The-Best-of-The-Best and who is a wannabe, especially in the anti-aging/beauty industry. Each doctor claims to be more skilled than the next, and millions of anti-aging treatments promise miraculous results. Most are Zip.

Nada. Nothing. My girl friends and I can stock a Rite Aid aisle with all the “miracle” creams we have bought that didn’t work...

How do we choose an anti-aging expert, dermatologist or cosmetic/plastic surgeon to take away the wrinkles, sags and fat making our lives miserable? We can’t rely on certificates lining a doctor’s wall; some aren’t authentic and others can be obtained attending weekend seminars and conferences to LISTEN and WATCH experts giving presentations on THEIR procedures and results—it’s not hands-on experience. Board Certification helps, but won’t guarantee that when a doctor puts a scalpel in his/her hand the instinct is there to achieve an excellent result. Doubt my words? Go to SAKS or NEIMANS and people watch for an hour. It’s scary what so-called “experts” are doing to faces and bodies. Cosmetic and Cosmetic Surgery has turned into an assemblyline of doctors who don’t know or care what they are doing. Women walk around with distorted faces, lips and cheeks packed with so much filler and fat their faces look frozen. It’s an epidemic. Myself and every other woman in this city wants to look younger, but at what cost? What counts when it comes to a cosmetic/plastic surgeon is hands-on experience; a surgeon obsessed with perfection, an eye for detail and desire to keep a patient’s physical individuality intact. An excellent medical education and specialty training are a must, but it’s the dedication of a doctor to assess an individual’s needs and wants, then draw a reasonable line of expectation for a patient to be aware of that really counts. When a patient wants MORE or asks for a procedure a doctor feels ambivalent about doing, the answer

should be “NO-CAN-DO”—money can’t take the place of integrity when a person’s face or body is on the line. Patient results and time with a doctor to ask every question you can think of are essential. If something doesn’t feel right, it isn’t. If the price is too good to believe, it is. Bargain shopping for Cosmetic Surgery leads to a nightmare. You have one face and one body so put them in the hands of a doctor with a reputation for excellence. There is no Fountain Of Youth. There is only a surgeon who knows what he or she is doing—or NOT!

I’ve known Dr. David Rahimi for three years. When I decided to do a “inside scoop” article on Cosmetic Surgery, Fillers and Lasers, I felt comfortable going to him for an honest, up front interview on anti-aging procedures. Dr. Rahimi has been in business for 15 years and...the guy is SMART. Fluent in three languages, he grew up in Germany and moved to the United States 28 years ago. His wife Neda, besides being beautiful and an amazing cook, is a pharmacist, something she put on hold to raise their three adorable children; Madelyn, Lauryn and Aaron. To say these kids (under age seven) are as smart as whips and outspoken beyond their years is an understatement. A few weeks ago, I had dinner at their beautiful home in little Holmby, and all three kids surrounded me at the table grilling me on every topic under the sun, showing me every toy they had collected since birth — AND how it worked! David, Neda, and the kids...a total package of cuteness to be sure.

“Some Cosmetic and Plastic Surgeons reach a level of success, where they feel it is acceptable to allow staff members to independently evaluate and treat their patients. I believe the doctor himself or herself should do the evaluation and be intimately involved in instituting every step of the treatment plan.” – Dr. David Rahimi

Dr. David Rahimi is a rising star in the field of dermatology and cosmetic surgery. His surgical procedures and anti-aging treatments are touted by his patients as the latest and greatest. I must say a few of my friends and I have over the years found our way to his office for an array of anti-aging goodies, and weren't disappointed. I can only speak for myself, but what I especially like is that Dr. Rahimi has a slow hand when it comes to fillers and truly feels LESS is MORE when the goal is to look rested, more youthful and natural—not DONE. In my opinion, the idea behind anti-aging, cosmetic/plastic surgery procedure to turn back the clock is for a patient to look younger—not fake and plastic.

ST: What do you think sets you apart from other dermatology and cosmetic surgeons?

RAHIMI: A crucial element of my practice and one I feel determines the excellent results that I achieve, and one which is very important and comforting to my patients is the fact that I do the procedures myself. Patients tell me all the time that in the past they went to dermatology and plastic surgery offices where sometimes they don't even see the actual doctor they booked with. Approximately 60-70% of cosmetic doctors use PAs and nurse practitioners and the majority of them are very knowledgeable and professional. Nevertheless there are some dermatologists, cosmetic and plastic surgeons who get to a certain level of success and feel it is acceptable to allow staff members to independently evaluate and treat their patients. I believe the doctor himself or herself should do the evaluation and be intimately involved when it comes to instituting every step of the treatment plan.

The array of treatments and procedures that Dr. Rahimi offers is substantial and many are frequently featured on shows such as Dr. Oz, The Doctors, Good Morning America, E News, Today, ABC Nightline and others. If you're looking for face/body rejuvenation? Dr. Rahimi says these are the cream of the crop: Zeltiq Coolsculpting (freezing fat), TCA Peels, Jessner Peels, Fat Transfer with PRP and Stem Cells, Laser Liposuction (Cool-Lipo), Needling, Subcision, Punch Grafting, Erbium, CO2 Fractional Laser Resurfacing, Cooltouch Lasers, Diolite Laser, Dermabrasion, Saline injections, the Tuliplift, and of course fillers. However, Dr. Rahimi's claim to fame are his non-surgical face and neck lifts; treatments for getting rid of acne and acne scars; and his anti-aging/skin resurfacing laser treatments for people with all skin types and skin tones. He has personally

performed more than 100,000 laser treatments in the past 15 years; many on Asian, Hispanic, African American, Armenian and Middle Eastern cultures. For a person with pale white skin this news flash may not mean much. But for darker skin tones it means everything, otherwise the results can be disastrous permanent skin discoloring.

Dr. Rahimi is a Double Board Certified Cosmetic Surgeon, Dermatologist, and the Clinical Director of Forever Young, Inc., an LA-based skin institute offering cutting-edge face and body treatments. He has an impressive patient roster that crisscrosses the country. A couple of years ago, he wrote a fascinating and informative book titled, Please Don't Die Trying To Become Beautiful—it's a terrific read for anyone contemplating a step into the arena of cosmetic surgery. He says the book is a truthful inside look at cosmetic surgery, and the use of general anesthesia in the operating room with regards to face and body rejuvenation.

Dr. Rahimi is the first to say that some who read it might opt not to get surgery after reading about the risks, but he says that patients have to be realistic BEFORE they undergo the knife and proceed with a treatment they may later regret. He is adamant that cosmetic surgery is not for everyone, and many who go to him for a specific procedure, he turns away for various reasons. Maybe they are too young for what they want done, or have unrealistic expectations of what their results will be. Some he says are not mentally stable or physically healthy enough to consider cosmetic surgery. Either way he says, he follows his instincts because in the long run having a problem with a patient outweighs any benefits money brings.

“I only do procedures I believe in and would do on my wife, or members of my family. I believe it's my responsibility as a physician to help people make good, educated choices. During the initial consultation I discuss a treatment plan and just as important are the expectations that a patient has with regards to the result they want. Nothing about cosmetic and plastic surgery should be taken lightly.”

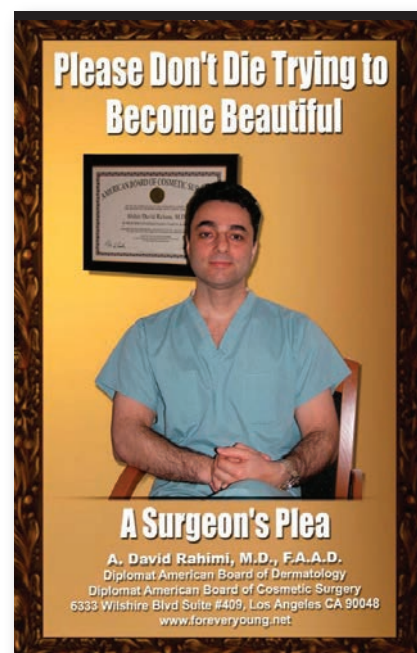
ST: You are very vocal and adamant about your dislike for using general anesthesia when it comes to cosmetic and plastic surgery. Why?

DR: I don't believe in general anesthesia and I don't use it to put my patients to sleep during their procedures. Whenever you hear



horror stories about plastic surgery it's always about the anesthesia. Local anesthesia and mild sedation are all that is needed for 90% of procedures done. Most patients opt for local anesthesia if more doctors explain why it's better, safer and more cost effective. My book Please Don't Die Trying To Become Beautiful is my stand advising a conservative approach in any Cosmetic Surgery. I practice what I preach. From day one, my philosophy on Cosmetic and Dermatology surgery has remained steady: The safety of my patients is my top priority. I've always promoted

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a conservative approach to the procedures I do. Minimally invasive treatments can produce maximum results, and local anesthesia with mild sedation is all that is ever needed. Dozens of people in the U.S. die each year because of anesthesia-related complications brought on by cosmetic surgery. This has nothing to do with the age of a patient; 25-year-olds die having their noses done the same as 50 and 60 year-olds die having a facelift or breast reduction. Performing procedures under local anesthesia and mild sedation is safer, recovery is shorter and it's less expensive and surgeons must be less aggressive so results are less drastic and more natural.

TREATING ETHNIC SKIN

Laser and Skin Peels

National statistics tell us that soon 50% of the population of the United States will be non Caucasian. Middle Easterners, African Americans, Pacific Islanders, Latin Americans, Native Americans, Asians, East Indians...call America home. And while many from these cultures will never have cosmetic surgery, for others an interest to reverse father time will propel them to seek Cosmetic Surgery. Each race carries different skin problems, needs, wants and challenges—of which both good and bad results are determined by the color and texture of that person's skin. AND... whether or not the doctor treating them knows what he or she is doing. This is not about "practice makes perfect" for a doctor trying to improve his game. This is serious business that can leave a patient disfigured for life.

**Skin Peels • Hair Removal
Microdermabrasion • Sagging Skin
Skin Pigmentation Treatment
Laser Resurfacing • Body Contouring
Mole/Lesions Removal • Scar Revision**

LASER

Treating ethnic skin is serious business. Many doctors won't do it because the liability is too high. Permanent pigment discoloration and severe scarring makes for undesirable and irreversible results. Many plastic surgeons and dermatologists refuse to treat ethnic skin.

ST: I've wanted to get laser a few times, but because of my Italian-brown skin color was told my options are limited. It seem only pale white-skin people get excellent results.

RAHIMI: True if a person sees a doctor not skilled in treating ethnic skin, who is uncertain of what to do. I treat patients of all ethnic origins. Procedure is important BUT as important is the preparation work before a procedure. It's not about a patient coming for a consultation and having laser that day. Treating ethnic skin requires dedication, skin preparation and monitoring to make sure the skin is ready for the treatment. I get excellent laser results because I don't do a procedure until skin is 100% ready. Prior to a laser and peel, I have patients use

Retin-A and a bleaching creme. I do a test spot to see the progress, and tell patients it's not a one-time treatment if they want an excellent result. It could take more than one treatment. I work slowly and gently, and my results are age-defying.

FACES DISTORTED BY TOO MUCH FILLER; ARE THERE ANY OPTIONS?

ST: Wherever we look are distorted faces with too much filler or fat injections. Whose fault is this, the doctors or the patients?

RAHIMI: Both are at fault. Patients can have unrealistic expectations and doctors don't spend time explaining what lasers and fillers are capable of achieving. I say NO to 20% of patients who ask for a procedure I feel is not right, or if they want more filler which will distort the face making it puffy. It's heartbreaking sitting face to face with someone who had injections of Silicone or Bioalcamid and want it removed. These materials are heavier than normal tissue and eventually migrate down the face and body, almost act like cancer invading deeper tissues like muscle and fat. The body makes scar tissue or a capsule around the materials to isolate and control them, but scar tissue grows causing bumps called Granulomas which can be disfiguring and disturbing to live with. I tell patients NO permanent filler is safe; PERIOD. These fillers can be partly removed, but it takes many sessions and can involve downtime. Some permanent fillers can be suctioned out; others need to be excised and then the tissue repaired. Cortisone injections are a solution, but are often temporary. A "puffy face" is a doctor using filler or fat to fill in wrinkles, hide sagging skin and conceal hollowed areas. But it makes a face round, fat and flat. Laser resurfacing combined with other modalities tightens skin and rejuvenates the face without distorting it with too much filler and fat. I do facial rejuvenation without cutting or general anesthesia and get excellent, natural, effortless results. The idea is to look 15 younger not look like a different person. People have lost their uniqueness. Everyone now has the same round, flat face, and puffy distorted lips.

**"If a doctor says...
'one treatment' lasts forever...
RUN! Nothing lasts forever.
You don't want it to last
forever. Our faces change
and if you put something in
your face that stays the same
when everything else has
changed it won't look good.
Patients want a younger
version of themselves. They
don't want distorted faces
that nobody recognizes."**

NON-INVASIVE PROCEDURE VS SURGERY

With more people seeking non-surgical anti-aging treatments to turn back time, the assortment of ways to rejuvenate and restore the face and body are considerable. Some people need a little filler, laser or peel to get the job done, while others may need surgery. The more extensive the overhaul, the more serious side effects can occur and the more downtime is required. The good news is a cutting-edge facial procedure is making international headlines with unheard of results.

The Most Effective FDA Approved Anti-aging and Skin Rejuvenation Facial Procedure that Tones and Tightens Without Surgery or Downtime

ULTHERAPY

An “Uplift” not “Facelift”...

Get rid of age-related wrinkles and sagging skin from weight loss, childbirth, sun damage and smoking...

“In September, The Wall Street Journal did an article on non-surgical face rejuvenation modalities available. Several gadgets and machines include radio frequency, ultrasound, monopolar, biopolar and more. They discovered the most effective, non-surgical treatment to tighten the skin and rejuvenate the face, neck and eye area is Ultherapy, a treatment that when combined with a little filler and laser comes close to the results of an actual cutting facelift. The procedure takes about an hour and a half, and I do it under local sedation. Energy heats skin tissue using radio frequency or ultrasound energy and stimulates the growth of collagen—as opposed to a cutting facelift, peel or standard laser which is done on top layers of the skin and requires patients to stay under wraps and in hiding for days and weeks. Ultherapy works beneath the surface of the skin and after-effects if any, resemble a mild burn and maybe, but not always a little busing. Skin is tightened and restored to a youthful appearance from the inside-out. Energy goes under the skin to make collagen contract. People see immediate results and it just gets better and better within a six month period. I combine the benefits of many modalities to lift, refine and rejuvenate skin without using cutting surgery. Fractional Laser Resurfacing, Ultherpay, Micro Laser Liposuction, Fillers and Fat Transfers have the ability to make a person look 10-15 years younger in days, with results that last years.

Dr. Rahimi received his medical degree with distinction from George Washington University School of Medicine; he did a residency in Dermatology at Mount Sinai Medical Center of New York and he completed a Fellowship training program by the American Academy of Cosmetic Surgery. Dr. Rahimi maintains strong beliefs that the relationship between a patient and doctor must be based on trust, a high level of communication and the patient must feel he/she is in the hands of a doctor who

truly cares about his health and well-being above all. Incredibly, Dr. Rahimi routinely gives his patients his cell phone number to call him 24/7 with any concerns they have.

THE LATEST AND GREATEST...

HANDS

a dead give away to age

“I see women with faces tightened and plumped, but their hands are a dead give away to age. An entire section on my web-site is devoted to hand rejuvenation www.ForeverYoung.com. Women forget to apply sunscreen on the backs of their hands (and chest) which results in thinning skin, discoloration and a skeletal look. A combination of fat transfer with PRP (Platelet Rich Plasma) lasers (Mixto, Cooltouch) gets rid of any brown spots that appear and also plumps skin.”

STRETCH MARKS

“There is no absolute effective way to treat stretch marks; PERIOD. I have tried creams and lasers and light sources. Nothing works. Early on when a stretch mark is red and itchy—it can be treated with Retin A to reduce its appearance. In my opinion no laser effectively removes stretch marks.”

ALTERNATIVE TO FULL-ON FACELIFT

“The Tuliplift facelift is a patented procedure safer and more effective than a traditional facelift. It includes tightening the neck, liposuction of jowls, tightening the muscle, removal of excess skin, and scars are inside the ear. The procedure is followed by laser to erase the scar and tighten the skin.”

FAT REMOVAL

“Laser liposuction is the Gold Standard for fat removal. Excess fatty tissue is removed; skin and underlying tissues are tightened with laser. Many patients with loose skin had abdominoplasty as the only option.

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rejuvenate the face, neck and
eye area is Ultherapy.”**



Today, we treat these patients with laser liposuction to restore a youthful look and it can be done under local anesthesia and mild oral sedation. I have not performed any cases with general anesthesia in more than 12 years. I think of myself as a pioneer... doing my procedures without general anesthesia before it gained such widespread acceptance.”

IS COSMETIC SURGERY FOR EVERYONE

“Cosmetic surgery is more acceptable, affordable and safer than ever before. Patients with a darker skin complexion can now also enjoy the benefits of Cosmetic Surgery. Newer lasers are safely used on Asian, Hispanic, and even African American skin (the Clear and Brilliant laser). Patients should be realistic and not look for perfection. The more aggressive the procedure; the greater the risk can be. Less is more and a natural result is always superior.”

A QUALIFIED SURGEON

“The biggest mistake is choosing the wrong doctor for the right procedure. A skilled Cosmetic/Plastic Surgeon can be great at Breast Augmentation but terrible at facelifts. Meet the doctor, ask questions; learn about downtime, recovery, expected results and choose the best doctor to do the treatment.” ●

Dr. David Rahimi

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FOREVER YOUNG, INC.

www.foreveryoung.net

“Please Don’t Die Trying To Be Beautiful”

To Purchase Dr. Rahimi’s Book Visit:

Amazon.com <http://amzn.to/dhLxh1>