

THE HELIOS GLOW GETTER

YOUR DOSE OF SKIN AND HAIR CARE WISDOM

Free Circulation

IN THIS ISSUE

1 HELIOS' EXCLUSIVE
HELIOS' JOURNEY IN
DERMATOLOGICAL EXCELLENCE

2 MANE BUSINESS
PLATLET RICH PLASMA (PRP)

3 DOCTOR'S DESK
#WHISTLE PODU

HELIOS' EXCLUSIVE

Helios' Journey in Dermatological Excellence

Aesthetics is the study of beauty and is a sub speciality of Dermatology which is the treatment for skin, hair or body that is meant to enhance the appearance of a patient. Helios began its journey with a focus on enhancing looks while eradicating disease. Aesthetic dermatology can have the beneficial side effects of improving self-confidence and self-perception, benefiting the patient's overall well-being. Almost a decade since the inception of our brand Helios. Our second branch @Alwarpet is proud to have completed two years. Here is a glimpse of the genesis and growth of Helios' dermatological journey.

By Dr Shraddha M

In 2015, Helios emerged as a beacon of advanced dermatological care in Pallavaram, marking its inception with a modest 1000 square feet skin clinic. Driven by a vision to deliver cutting-edge treatments and aesthetic dermatology procedures, Helios set forth with a commitment to excellence from its very inception.

At the heart of Helios' founding principles lay the unwavering dedication to provide state-of-the-art solutions. This commitment materialized through the incorporation of the best US FDA-approved laser machines, ensuring top-notch services for hair removal, pigmentation, and scar treatments right from the outset.

The journey of Helios was marked by continuous growth and evolution. In 2019, responding to the increasing demand for its services, Helios expanded its footprint, doubling its space to 2000 square feet. This expansion not only reflected the clinic's burgeoning success but also underscored its commitment to accommodating the needs of its growing clientele.

The year 2022 marked another significant milestone in Helios' trajectory. Bolstered by the overwhelming support and encouragement of its patrons, Helios ventured into new territory, inaugurating a branch in Alwarpet. This expansion not only broadened Helios' reach but also exemplified its unwavering dedication to meeting the diverse needs of its patients.



Central to Helios' success story is the pivotal role played by Dr. Yamini, a trusted friend and confidante of the clinic's founder since their post-graduate days. Dr. Yamini's invaluable contributions in patient care, referrals, and protocol refinement have been instrumental in shaping Helios' journey. Recognizing her indispensable role, Dr. Yamini transitioned into a partnership role, further cementing her commitment to Helios' mission.



The Alwarpet center stands as a testament to Helios' commitment to innovation and excellence. Spanning an expansive 2600 square feet and equipped with the latest technology, the Alwarpet branch epitomizes Helios' unwavering pursuit of providing unparalleled dermatological care.



DR. YAMINI

DR. SHRADDHA M

Key to Helios' success is its unwavering focus on quality and expertise. Only qualified, well-trained dermatologists with stellar academic credentials and extensive experience helm procedures at Helios. Additionally, Helios prioritizes the use of premium products, all US FDA-approved, and state-of-the-art equipment, ensuring that patients receive not only superior care but also optimal results.

Looking ahead, Helios' journey continues to unfold with the upcoming inauguration of its third center at Vellore in the month of August. This expansion not only underscores Helios' commitment to accessibility but also reaffirms its position as a trailblazer in the field of dermatological excellence.

In essence, Helios' journey is a testament to the power of vision, dedication, and unwavering commitment to excellence. From its humble beginnings to its burgeoning expansion, Helios remains steadfast in its mission in dermatological care.

Continued...

HELIOS' EXCLUSIVE

In bustling landscape of dermatology clinics, Helios shines as a beacon of exceptional care and personalized treatment. Here's why we stand out:



1. Expert Examination by Dermatologists:

At Helios, every patient undergoes a thorough examination by a qualified and experienced dermatologist.

We believe in the importance of understanding each individual's unique skin concerns to provide tailored treatment solutions.



3. Patient-Centric Approach:

Unlike clinics that may prioritize profit over patient well-being, we only suggest procedures that are necessary and beneficial to our patients. Our focus is on meeting patient requirements and achieving optimal outcomes.



5. Evidence-Based Medicine:

Our treatment approach is rooted in evidence-based medicine. We stay informed about the latest research and clinical findings, and our practice is guided by scientific literature to deliver effective and reliable results.



6. Emphasis on Cleanliness:

Cleanliness is non-negotiable at Helios. Our premises undergo regular disinfection, and hygiene protocols are strictly followed. We use disposable sheets for each patient, wash towels after every use, and sterilize all instruments according to the highest standards.



7. Skilled and Friendly Staff:

Our staff members are not just skilled professionals but also courteous and patient-friendly individuals. From the moment you step into our clinic, you'll experience warmth and professionalism that sets us apart.



At Helios Dermatology Clinic, we don't just treat skin conditions; we nurture relationships and prioritize patient well-being above all else. Experience the Helios difference today.



Opening Soon @ Vellore

MANE BUSINESS

Platelet Rich Plasma (PRP)

Did you know that your own blood can be used to treat and heal damaged tissues? While this treatment is known to heal and repair, in dermatology this treatment is becoming increasingly popular. *Dr V Madhumitha* helps us understand all about Platelet Rich Plasma.

What is PRP?

Platelet rich plasma is a prevalent treatment under regenerative medicine that is gaining popularity. This treatment is used in different fields of medicine as it's known for its safety and efficacy. Autologous plasma rich in platelets is injected into the treatment area for different indications.

How is it prepared?

Approximately 10-16 ml of blood is collected from the patient in test tubes and is processed in a centrifuge machine where the cells get separated according to the specific gravity. The resultant plasma with platelets is then transferred to syringes and injected into the treatment area.

How does PRP help?

When PRP is injected into the scalp, platelets release several growth factors like VEGF (Vascular Endothelial Growth Factor), EGF (Epidermal Growth Factor), FGF (Fibroblast Growth Factor), etc into the tissues. These stimulate the stem cells and help in healing the damaged tissues and generate newer cells.



What are the indications for PRP treatment?

PRP being a therapy of regenerative medicine, can be used for patchy hair loss- alopecia areata, diffuse hair loss- telogen effluvium, to stimulate collagen and elastin production in the skin that improves the fine lines over the skin and aid in skin tightening. It is also used for treating leg ulcers, during post-operative dressings, intra-operative regenerative therapy, vaginal rejuvenation, etc

Is PRP a safe procedure?

It is a very safe procedure as it is prepared from your own blood and is administered in a sterile environment under strict aseptic precautions while processing the sample and injecting thereafter.



What are the effects of PRP on hair?

PRP helps to improve the overall hair density by increasing the thickness of the individual hair shaft. Prolongs the growth phase of the hair cycle. Stimulates the stem cells located in hair bulge region and hair papillae region. Repairs the damage caused by the oxidative stress created on hair follicles.

What are the effects of PRP on skin?

Stimulates collagen production resulting in skin tightening effect. Stimulates elastin production and increases the elasticity of the skin. Increases hydration in the dermis. Reduces fine lines. Reduces the depth of deeper wrinkles. Reduces pigmentation. Promotes wound healing. Improves the appearance of scars by skin remodelling.

What is Vampire facial?

Vampire facial is a fancy term used for face PRP therapy where PRP is injected into the facial skin or done with microneedling therapy where multiple smaller needles are used to facilitate delivery of PRP into the dermal layer.

What should I look for while considering PRP therapy?

Consult a board-certified doctor for the procedure and make sure that only FDA approved methods of PRP are done.

How long does one session take?

It takes 30 minutes to prepare the solution and the actual injecting process takes 10-15 minutes. In total, it takes around 45 minutes for a PRP session.

How many sessions of PRP might one require to see results?

Depending on the clinical indication, it might take 3-4 sessions to see results. Regarding hair, you will notice reduction in hair fall during initial sessions whereas new hair growth and improvement in density will be noticed after 3-4 sessions.

Are there any side effects of PRP treatment?

As your own blood is used in the procedure, there is no rejection or reaction from your immune system. The procedure should be performed in a proper clinical set up to avoid infections. Other than that, there might be slight pain while injecting and some patients experience headache.

What are the precautions to be taken while planning for PRP?

Wash the scalp on the day of the procedure. Avoid alcohol and smoking a week before the procedure. Avoid excess fatty diet 48 hours before the procedure. Inform your doctor regarding the medications you are taking, especially like blood thinners.

Should I take other medicines while undergoing PRP treatment for hair fall?

PRP is an adjuvant therapy for hair fall and not the only treatment. Hence, continuation of other oral medicines and topical solutions like peptides, minoxidil is important to get the desired results.

PRP Results @ Helios



How frequently should I take PRP treatment?

It depends on the indication. In case of hair fall, 4-6 sessions might be required spaced at an interval of 4-6 weeks and for anti-aging therapy for face and undereye region, it should be done at an interval of 6-8 weeks.

FROM DOCTOR'S DESK

#Whistle Podu

WELCOME TO OUR
ANNIVERSARY EDITION.

A Sunday that made a difference to my life. This experience that I am sharing here with you is a reminder to myself and to all of you that Doctors have a life beyond medicines, patients, hospitals and diseases. The doctors' heart can beat otherwise too; and no diagnosis required for goose skin!! Our one and only CSK Thaala... Mahindra Singh Dhoni, does not just have that effect on you, but simply the sound of his name or a glimpse of the man can make your heart both skip and beat faster.

By Dr M Yamini

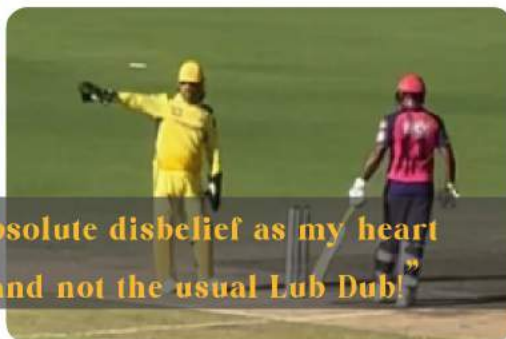
Dhoni! Dhoni! Dhoni!



"The doctor in me was in absolute disbelief as my heart beat sounded Dhoni Dhoni and not the usual Lub Dub!"

This chanting reverberates inside and outside the MAC Chepauk stadium @Chennai. The Yellow fever is for real! People of all ages with Yellow flags, caps, headband, yellow whistle around their neck, face and body painted with CSK logo filled the streets around the stadium. It was indeed a sea (read sea) of Yellow! People waited in long lines to enter, and here I was clueless of their waiting time, for I heard a lot of them were there as early as 5 am in the morning to catch a glimpse of their favourite player and team. The most ardent lot chose to hang around the gate, where the Enroute Anbudan bus carrying the team enters, to catch a glimpse of the players. I could not park my car anywhere around the stadium as the traffic was diverted to a one-way system. The entire stretch along the Marina Beach was not just coloured yellow but also had an energy that was infectious. Here's my tip: - reach there by Rapido or Ola or Uber if ever you would go to witness a match.

I am 46 and this was my first time at the stands to watch an IPL match, that too a match between CSK (Chennai Super Kings) on home ground and RR (Rajasthan Royals). The vibrant energy in the stadium is a must one-time experience that I would strongly recommend all to experience and I felt like I had wasted a few years of mine not watching an IPL match earlier and that too especially since I live in Chennai. This match was scheduled at 3.30pm on a Sunday the 12th of May, the day that is etched in my heart and mind forever. This was a special match for there were talks that this season could be the last season of M.S Dhoni's career. And to add to the excitement and to make the experience all the more memorable I had the best view of the field and that was a feast to not just the eyes but to all the senses!



The awaited moment unfolded with the toss and RR chose to bat first. I got to watch Dhoni the whole time. For a very long time my eyes were only glued to him oblivious of the existence of the other players on the field. And the doctor in me was in absolute disbelief as my heart beat sounded Dhoni Dhoni and not the usual Lub Dub! No wonder he is a legend. What an aura he brings and what a man!! The players just need to follow his eyes and wave of hand to place themselves to get the wicket or curtail runs. RR completed their batting and now CSK came in to bat. Nothing was on my mind. When will Dhoni come to bat? I am not supposed to wait for a fall of wicket from my home team. That's cruel, right? I know. I know. But I was not alone in that thought, the entire stadium was awaiting that moment to see their "Thaala" on the crease.



Although we had won the match by five wickets. There was gloom in the air and as for me I was totally disappointed, disheartened and upset. Why, why, why me? Why this time? The moment that everyone was waiting for did not happen; Dhoni did not bat. As I sat sad, the announcement that blared on the speakers made the stadium roar and I wanted to scream my lungs out. CSK team made their victory lap! The men in Yellow came out and went around the stadium throwing Jersey far into the stands and Dhoni was swinging tennis balls with a bat to the crowd to catch and take away as a souvenir. The crowd went berserk. As luck would have it, Thaala hit a ball that into our stands and before reality hit me, a kid beside me was in such ecstasy that the child in me was awakened! But I handed the ball to that child and made his day. I got to see Dhoni! I do not need anything else. What a moment of pride to see the men in Yellow walk past you. Felt like I was in a dream. The day ended on a euphoric note and I retired for the day starry eyed and for once and as a welcome change slept like a true fan of CSK and not as a Doctor. No points there for guessing who featured in my dream that night!!!

Whistle Potain!

Contributing Writers: Dr Shraddha M | Dr V Madhumitha | Dr Yamini

Image Credits: Freepik

Design: Videohall

Printed by: Saiimpresion

Concept and Research: Sunethra Selvam

*Published and owned by Helios Advanced Skin, Hair and Laser Clinic Pvt Ltd.


HELIOS
ADVANCED SKIN, HAIR & LASER CLINIC
 Pallavaram | Alwarpet
 Book your appointment: 99400 58215
www.heliosskinclinic.com