

MEET DR. REBECCA KAZIN – WASHINGTON, DC COSMETIC DERMATOLOGIST



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Rebecca Kazin, MD, is a nationally recognized expert in the field of cosmetic dermatology. She is a board certified dermatologist at the renowned [Washington Institute of Dermatologic Laser Surgery](#) in Washington D.C. Dr. Kazin is also holds a faculty position at the Johns Hopkins School of Medicine in Baltimore where she served as Director of the Johns Hopkins Dermatology and Cosmetic Center for the past eight years. This year she received an award recognizing her clinical training of dermatology residents in lasers and cosmetics. With her extensive experience as an injector, she was selected to form a national team of physicians who train other physicians on the best techniques. Additionally, she was elected “Top Doc in Cosmetic Dermatology” by her peers for the past two years.

Through her dermatology training at Johns Hopkins, Kazin has become an expert not only in conditions of the skin, but also in the scalp and hair. She spoke with Beauty in the Bag about the evolution of her new hair care line, how men and women age and how she stays so fit and focused.

How did you meet Dr. Tina Alster and come to join her world renowned dermatology and laser practice?

Everyone in my field knows Dr. Alster! I have long regarded her as a personal role model and mentor, as she is one of the original trailblazers in dermatologic laser surgery and founded the first freestanding laser center in Washington, DC. After working at Johns Hopkins for more than a decade, I knew that her practice was the perfect fit for me as it seamlessly combines excellence in patient care with cutting edge laser and aesthetic research that continues to push knowledge in our field forward.

What are some of your special interests in the field of dermatology?

I feel fortunate to have a profession that allows me to combine my love of art with the study of medicine. When I meet a patient, I am often fascinated by how much of my exam is based on the principles of symmetry, proportion and shape. I study each person to see what will restore them to their natural beauty subtly and carefully to achieve their goals without looking obvious or artificial.

Because of my extensive experience with laser and injectable therapy, I am also able to apply my passion for teaching by training other dermatologists and surgeons in the latest proper and safe techniques.

Tell us about your special interest in hair loss and hair and scalp health?

During the past 10 years, I have been surprised about how many of my patients routinely complain about hairloss. On average, we lose 50-100 hairs day, which is a normal part of the natural growth cycle. However, when hair loss becomes more noticeable, there may be underlying causes. The causes can range from daily stress to heredity, styling damage, medications, vitamin deficiencies, and hormones. My patients also frequently complain about scalp symptoms and voice their frustration by the lack of options available. I realize that this is an area of great concern to women and men, and that there is a void in the market of products available to manage scalp conditions without leaving hair dry and unmanageable. Products that maintain the beauty and health of the hair regrettably do not adequately treat their scalp. So I am on a mission to help people cope with their hair and scalp health issues.

What changes do you see in practice among women and men as they age?

Much of the changes we see with aging are genetic, so it's telling to take a long look at your mother and father! Men and women age differently but what is common is that with age there is progressive loss of the underlying bone structure, muscle mass, and collagen layers of the skin. This leads to the appearance of the 'tablecloth being too large for the table.' When fillers started booming with Hyaluronic Acid products, we were very focused on treatment of the nasolabial folds but what we've realized over time is that it's the facial volume loss causing the prominence of the nasolabial folds that ages someone. Expect injectors now know to address the face globally to give a much more balanced, natural aesthetic result.

To add to the good news, with age comes hormonal shifts. I always joke- "as women age, they become more like men. As men age, they become like women"...This is because of the relative decrease in estrogen and testosterone respectively. These hormonal changes lead to hair loss where we want hair and hair growth where we don't. We also see skin dryness and loss of elasticity. The collagen machinery in the skin slows down exponentially so wound healing becomes more difficult. As a dermatologist, I keep all of this in mind when evaluating my patients.

As a busy mother of three, a leading dermatologist and educator, a clinical researcher and product formulator, what are your personal secrets for looking so young and well-rested?

First- Find a babysitter and have Saturday nights out with my husband and friends!

But a close second would be trying to take a little bit of time for myself. I am kind of fanatical about scheduling and organizing, but it typically works to put a schedule in place that gives me a little time on the weekends to have what my husband calls "Me Time." This is usually some form of exercising followed by a quick coffee with a friend.

I also have become comfortable with the fact that I cannot do it all and I live by the motto 'it takes a village.' I rely heavily on help from my parents and in-laws. I also have learned to say 'No' to many requests over time. I really try to just participate in committees and organizations that I am truly passionate about and give them my all instead of spreading myself too thin.

I have learned that it's the quality of time with my three daughters not the quantity.

Lastly, it is a little Botox here, filler there, and maintenance laser treatments to help with the rest!

What technologies and trends are you excited about that may be coming in the near future?

- Kythera- ATX-101 injections to dissolve focal areas of fat (double chins).
- Topical 'Botox' for wrinkles and sweating (particularly palms and soles where BOTOX injections are very painful).
- Ulthera (micro-focused ultrasound) for tightening the crepe skin on the chest.
- Possible laser hair removal method for blond, white or grey hair.
- Advances in cellulite treatment.