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Carolina Laser and
Cosmetic Center

Dr. Anne White

October 2016

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Carolina Laser and Cosmetic Center

“Dare to be Beautiful”

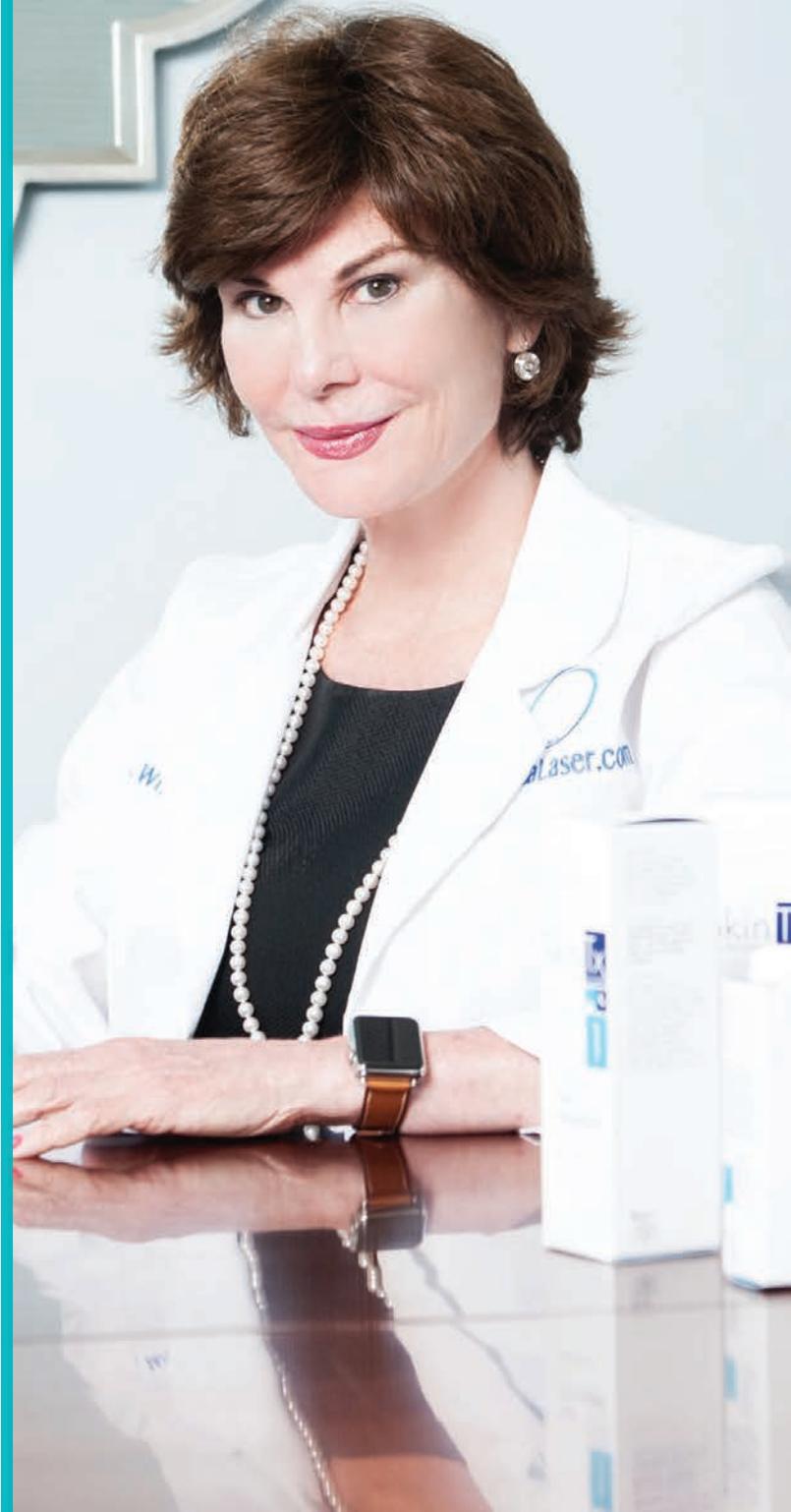
BY VONDA HENDERSON

Dr. Anne L. White was born at Vanderbilt University Medical Center in Nashville, Tennessee, where her father Dr. Arthur White did his residency in internal medicine and fellowship in infectious diseases. Her passion for medicine is in her blood; she comes from a long line of medical professionals. Her father was a luminary in the field of infectious disease. Over the course of his career, he founded three infectious disease divisions at medical schools around the country (the University of Louisville, the Medical College of Georgia in Augusta and the Indiana University School of Medicine in Indianapolis). She has two uncles who are also physicians -- one a cardiologist, Dr. Charles Pope in Tampa, Florida and the other, Dr. James Pope, an ophthalmologist in Lexington, Kentucky. She also has two older cousins who are physicians, one a child psychiatrist in Chapel Hill and the other an ophthalmologist in Bradenton, Florida. With such a family background, Dr. White's leaning towards a medical career was not surprising.

Her original intent was to pursue a career in psychiatry; however, as so often happens when new opportunities are presented, her interests were drawn elsewhere. Her classes in dermatology at the Indiana School of Medicine with Dr. Art Norins, the enthusiastic, fun-loving former chairman of dermatology, and the “visual aspect and beautiful language of dermatology” inspired her to her chosen field. As the energetic Dr. White explained, “The fast-paced nature of dermatology” appealed to her.

As Ralph Waldo Emerson stated, “Love of beauty is taste. The creation of beauty is art.” Carolina Laser & Cosmetic Center presents an aura of quiet elegance upon entering from the shades of blue accents, fresh flowers and the pops of color in the modern artwork down the corridor. Poised, elegant and ladylike herself, Dr. White and her team have assembled a wide variety of the latest in technology and procedural techniques/equipment to ensure that the practice remains at the cutting edge for the benefit and comfort of their patients. Dr. White further shared that the cosmetic products offered by Carolina Laser & Cosmetic Center have been personally tested. She does not recommend products without that important step.

Dr. White began her residency in dermatology at the Medical University of South Carolina, then completed her residency at Wake Forest Medical School after following her husband to Winston-Salem. She is board certified in





family medicine and has been in private practice in Winston-Salem since 1988, specializing in cosmetic and laser surgery since 2002. Dr. White is a Fellow of the American Society for Laser Medicine and Surgery and is a frequent teacher of other physicians. In 2002, when Botox was approved by the FDA, Dr. White was among the first in the area to offer the procedure. Dr. White received her training in the science of Botox by its inventor, Dr. Jean Carruthers, a Canadian oculoplastic surgeon, in Vancouver. As new procedures/lasers/techniques are introduced, Dr. White trains with the experts to the benefit of her patients. She describes her cosmetic surgery training as a "Forrest Gump kind of experience;" one expert she trained with recommended another and she was always open to the suggestions. In addition to Dr. Carruthers, she has trained with luminaries in cosmetic injectables like Juvéderm, laser procedures and liposuction.

Dr. White encourages her patients to ask questions. She feels it is important that her patients be informed, comfortable with the procedure(s) they choose and confident that their well-being is the primary focus at Carolina Laser & Cosmetic Center. As Dr. White stated, "God is the best artist. We focus on enhancing, not radically changing what he has created."

To that end, on a monthly basis, Dr. White hosts a lunch and learn session for current and prospective patients. The focus is on a different procedure of interest each month with lunch provided. The next session is scheduled for Wednesday, October 12, 2016, from 12-1:30pm; the topic will be Botox Cosmetic. A sales representative from Allergan, the company that makes the product, will be speaking on the benefits of

Botox followed by a question-and-answer session conducted by Dr. White. Each lunch and learn also includes time for mini-consultations at no cost, discounts for procedures and live demonstrations. One lucky attendee will receive a free Botox treatment. These sessions are excellent ways to learn about the latest in laser/cosmetic procedures, determine one's interest level, as well as an opportunity to get acquainted with Dr. White and her team. Check Carolina Laser & Cosmetic Center's website regarding this and other lunch and learn sessions that may be of interest.

Want to look your best for the holidays? A very special event hosted by Dr. White and the team at Carolina Laser & Cosmetic Center is the Holiday Sparkle Party, scheduled for Thursday, November 10, 2016, from 5-9pm at their office location. As Dr. White shared, "It's a good time and place to interact with the staff, meet with vendor representatives, see live demonstrations, win some door prizes (who doesn't like that?) and get the best discounts of the year on products and procedures. Plus, there's plenty of excellent food and an open bar available." RSVPs are requested from current and prospective patients. Plan to attend, and enjoy the food, fun and fellowship!

Dr. White feels strongly that consultations are an important first step to any procedure. It's a means of reviewing the planned procedure and ensuring that the expectations are realistic for the outcome. As with most practices, occasionally a patient may be referred to another physician (especially if more invasive surgical procedures are warranted). Each patient is a unique individual and is treated as such.

Dr. White offers a laser facelift known as Precision Tx™ which requires no stitches or scalpels. This minimally invasive facelift can usually be completed in less than two hours with only two to three days downtime. Dr. White shared that patients into their 80s have had this procedure and been pleased with their results. A big advantage over a traditional facelift is that Precision Tx™ does not change a patient's basic look.

Other procedures include tattoo removal using PicoSure™ laser; Dr. White has completed more than 15,000 tattoo removal procedures. Vectus® Laser offers hair removal with no downtime. Using the SculpSure™ laser, Dr. White eliminates fat in those hard-to-get-rid-of spots such as love handles and abdomen with a 25-minute procedure (optimal results show up in 8-12 weeks), and for more dramatic results with minimal downtime, Smart Lipo Triplex. Dr. White offers the latest options that are non-surgical, non-invasive cosmetic, laser or dermatological to her patients allowing them to look as young as they feel. With the holiday season approaching, soon you will be seeing family and old friends, so now is a good time to freshen up your look.

Dr. White is the proud mother of two; her son, Ben, who lives in Chicago and works as an account manager for Cision, an international marketing software company, and her daughter, Kate, is a nursing student in Asheville. In addition to her family, Dr. White enjoys gardening; she has a rose garden, an herb garden and a Japanese garden. In her leisure time, Dr. White is busy with her two beagles -- Scout and Ollie. Both have an impressive lineage from Best-in-Show Westminster champion, Uno.

Dr. White and her team at Carolina Laser & Cosmetic Center are happy to answer questions and provide information. Their hours are Monday through Thursday from 9am-5pm, Fridays from 9am-4pm and every other Saturday. Feel free to contact them at 336.659.2663 or visit their website (CarolinaLaser.com). Their office is located at 145 Kimel Park, Suite 140 in Winston-Salem. They are also on social media sites (Facebook, Twitter, Pinterest, etc.).



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