

It Person



Derma Doyenne

Dr. Debra Jaliman, is a spokesperson for the American Academy of Dermatology, a volunteer with the American Cancer Society and a teacher at the Mount Sinai School of Medicine, counsels her clients, among whom are many actresses and models, on low-risk procedures and precautionary medicine. Enthusiastically, Dr. Jaliman says she has an "incredible practice today" especially because of the great technological advances that were unavailable about 10 years ago. Dr. Jaliman offers a variety of cosmetic and dermatologic procedures at her private practice in Manhattan, including preventative skin checks. Debra says this is a particularly good time of year for a check up, especially after repeated sun exposures. Melanomas are the "biggest problem" she says. There are many more malignancies than there were 10 years ago and damaged cells from repeated exposure is really on the rise, particularly among

young people. Catching damage early saves lives, says Jaliman.

Of cosmetic procedures, Dr. Jaliman stresses the importance of picking and choosing carefully. She does her best to be honest with her patients and guide them to the safest route possible. She

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says it is part of her job to tell a patient if they are going overboard. "It's good to look better but there is a limit to what you can do to skin," says Dr. Jaliman. With in-office procedures like Vitamin C peels, which nourish the skin without harsh chemicals, one can look good and younger

without having surgery. Among her most popular procedures are "Botox," a smoothing of the skin by relaxing the muscles instead of filling wrinkles with collagen. Also, the Erbium Laser to smooth the eye area, an easy and relatively quick-healing procedure.

Raised in Great Neck, Long Island, Jaliman became interested in dermatology after a mole removed as a child left her with a bad scar that was later reconstructed by another surgeon. A young Dr. Jaliman realized that there was not much communication between the different fields of medicine and that that was something she wanted to pursue. In med school she discovered dermatology offered a perfect balance between medicine and surgery. Dr. Jaliman says dermatology is the "perfect field for me because I have an incredible visual memory and being able to recognize diseases is a very big part of what I do." 