

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Fall 2012

~New Excel V Laser Excels in Targeting the "Reds" ~

If Visene hadn't already trademarked "Gets the red out," that would be a really good slogan for the Excel V laser by Cutera. Now available at The Laser Center at Contour Dermatology, the Excel V treats a variety of vascular conditions and pigmented lesions and it definitely helps patients get out of the red and into the clear.

With facial spider veins, patients might see them disappear after just one treatment. Other redness conditions such as rosacea or port wine stains will take several treatments for optimal results.

The Excel V features two wavelengths – a short 532nm wavelength with a unique green laser for heating abnormal superficial veins and pigmentation and a longer wavelength for deeper leg veins. The 1064nm wavelength also offers patented Laser Genesis which evens skin texture and tone. And according to *Practical Dermatology*, this laser is reported to have the most "spot sizes" available of any laser for tailoring to specific treatments. The Excel V is safe for all skin types, including darker skin. Among the conditions it treats include:

- Rosacea
- Facial Spider Veins
- Leg Veins
- Port Wine Stains and Cherry Angiomas
- Uneven Complexion/Texture
- Periorbital Blue Veins (around the eyes)
- Surgical Scars
- Poikiloderma (neck redness and color irregularity)

According to Nurse Practitioner Kara Crane, NP-C, who has had the procedure done on her



Before



After (4 weeks - 1 treatment)
Photos courtesy of Cutera

face, neck and chest, as well as performs these treatments, one of the major benefits of this laser over other vascular lasers is that it does not typically produce the purpura (purple bruising) immediately following a treatment which can last up to 10 days. This

means no downtime with the Excel V. Elaine Woo-Gallagher, NP-C also performs Excel V procedures at Contour.

Another benefit is the laser's proprietary continuous cooling device which provides ample cooling as well as a distraction while the laser beam zaps the target areas. No numbing cream is necessary as the procedure is nearly painless with just a quick, slight sting.

The introductory price for an Excel V treatment is \$500 per area or three treatments for \$1,500 which includes three complimentary one-hour custom facials, a value of \$375. To learn more about the Excel V and to determine if a treatment would benefit you, call (760) 416-6971 to schedule a cosmetic consultation.

~ Contour Dermatology Welcomes Two New Medical Professionals ~

Jamila Shenghur, PA-C Joins Contour as Physician Assistant



Jamila Shenghur, PA-C, a certified Physician Assistant, joined the Contour Dermatology medical team this past August. She will assist Dr. Jochen in seeing patients over the next six months. Following this training, she will see

patients on her own under his supervision. Jamila earned her BS in sociology and biology from UC Riverside and her PA degree at Western University and Health Sciences in Pomona.

“Dr. Jochen is a great teacher,” said Jamila. “My training at Contour is mimicking a residency program. Dr. Jochen is extremely intelligent and well versed in all fields of dermatology.”

Dr. Jochen not only shares his knowledge with his staff, he serves as an Assistant Clinical Professor at USC where he has been named teacher of the year multiple times.

Prior to entering PA school, Jamila worked as a Medical Assistant for a cosmetic dermatology practice in Redlands. A credentialed teacher, she also has taught honors literature to high school students in Riverside. After graduation from Western University, she came to work as a PA in the trauma center at Desert Regional Medical Center where she’s been for the past year. Initially,

Jamila will work three days a week at Contour and continue one or two ER shifts at Desert Regional.

At Contour, Jamila sees both medical dermatology and cosmetic dermatology patients. “It’s very different from ER work, but I’ve always wanted to work in dermatology,” she said. The turning point for her interest in medicine came at the age of 13 when her grandmother was diagnosed with melanoma and passed away shortly thereafter.

“The great thing about dermatology is that you see patients of all ages and all different health conditions, because diseases of just about every organ in the body exhibit some signs on the skin. I have a curious mind that loves challenges and for someone like myself who is constantly seeking new knowledge, this field is perfect.”

Commenting on the cosmetic side of the practice, she said, “With all the new technology and discoveries in skin rejuvenation, remarkable improvements in the skin can be achieved without needing invasive surgery that requires a lot of downtime. The ability to do this is really rewarding for me.”

A native Californian and first-generation American, Jamila is multi-lingual. In addition to English, she speaks, Dari and Pashto, Urdu and Spanish. Her parents moved to the United States in the late ‘70s from Afghanistan where four of her nine sisters were born. In her leisure time, Jamila likes to travel, hike and scuba dive. A resident of Orange County, she plans to move to the desert area soon.

Amy Kerr Joins Contour to Operate In-House Histopathology Lab

Amy Kerr joined Contour Dermatology this past January to develop Contour’s new in-house Histopathology Laboratory which opened June 1, 2012 at the practice’s Rancho Mirage headquarters.

Tired of outsourcing lab work, Dr. Jochen decided to invest in equipment for his own lab for processing biopsies. Initially, he hired Amy as a consultant to set up the lab and part way during



the process, offered her a position to stay on and prepare and process slides as well. Amy brings 10 years of experience in the histology field to her work at Contour. Amy currently works two days a week at Contour and four days for other physicians in San Diego where she lives with her husband and two daughters.

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~ Contour's Variety of Packages Deliver Value & Results ~

There's an old saying that good things come in small packages. At Contour Dermatology, we too, believe good things come in packages. In an effort to help our patients achieve maximum results, as well as offer them a good value for their cosmetic dollar, we have grouped a variety of treatments in exciting packages. All surgical procedures listed are performed under local anesthesia for your comfort and safety in our accredited surgical suite. In addition to the packages featured below, you'll find three executive level packages ranging from a non-invasive quick fix to our version of a total makeover. Flight reservations and hotel accommodations can be arranged upon request. For more details, please call (760) 416-6971.

Sensational Skin Care

Purchase a customized selection from our physician-grade skin care lines.

Package Includes: \$500 value in skin care products and a free Green Tea Infused Vibraderm treatment

Cost of Package: \$500
(Savings of \$125)

Pimple Pack

This series can be done every two to four weeks to exfoliate your skin for a smoother, clearer complexion.

Package Includes: 5 Vibraderm treatments and 5 Custom Facials

Cost of Package: \$999 (Savings of \$251)

Fantastic Fillers

Erase fine lines and fill in volume with a youth-renewing filler. Then exfoliate for a polished look.

Package Includes: 2 syringes of Restylane® or Perlane® and 1 Green Tea Infused Vibraderm

Cost of Package: \$1,000-\$1,050 (Savings of \$125)

Jet Setter

This package includes the "Fantastic Fillers" and adds Botox® to relax other wrinkles. You'll also enjoy a Green Tea Infused Vibraderm treatment.

Package includes: 2 syringes of Restylane® or Perlane®, 40 units of Botox® and 1 Vibraderm

Cost of Package: \$1,399 (Savings of \$226)

Laser Lift

Requires up to two weeks of healing, but well worth the benefits.

Package Includes: Max FX CO₂ Laser Full Face, 3 syringes of Restylane® and 45 units of Botox®

Cost of Package: \$5,299 (Savings of \$651)



Lunchtime Liquid Lift

Come in on your lunch break and go back to work or home refreshed! You'll see immediate results from the filler; Botox® takes about a week for full results.

Package Includes: 3 syringes of Restylane® or Perlane®, 45 units of Botox Cosmetic® and 1 Green Tea Infused Vibraderm treatment

Cost of Package: \$1,849
(Savings of \$226)

Lipo Little

Get ready to lose inches with liposuction. Combining liposuction with VelaShape II gives optimal results.

Package Includes: 2 areas of Liposuction,
5 VelaShape II treatments for two areas

Cost of Package: \$5,899 (Savings of \$1,991)

Renewal Jewel

Do you look tired due to sagging upper eyelids and bags under your eyes? Do you have wrinkles around your eyes? This package will refresh your most important feature with results that will last for years.

Package Includes: Upper Blepharoplasty, Lower Blepharoplasty, Max FX CO₂ laser around the eyes

Cost of Package: \$4,699 (Savings of \$501)

Eye Rejuvenation

Including the elements of the Renewal Jewel, this package adds filler to correct hollowness under the eyes and Botox for crow's feet.

Package Includes: Upper Blepharoplasty, Lower Blepharoplasty, Max FX CO₂ around the eyes,
2 syringes of Restylane® and 15 units of Botox®

Cost of Package: \$5,699 (Savings of \$651)

~ Staff Product Pick: Jessica Murdock Clearly Likes Clarisonic



There are some things you use because they fill a need and others simply because they're fun. The Clarisonic satisfies both. Jessica Murdock, Front Office Supervisor at Contour Dermatology, bought the Clarisonic Cleansing System this past spring and has been enjoying

cleaner, clearer skin as well as the cleansing process.

"It's fun to use," she said. "I had pretty nice skin to begin with, but my immediate family members noticed that my skin looked even clearer after using the Clarisonic. It definitely helps to reduce breakouts and I'm not as oily as I used to be."

Were it not for the Clarisonic, Jessica might still be using baby wipes to take off her makeup. "I've

never had anything take off all my makeup until I got the Clarisonic."

Every person who uses the Clarisonic will need to find their own balance regarding frequency of use as it does exfoliate the skin. The manufacturers of the Clarisonic report that it is gentle enough to use twice a day and a study on patients with Rosacea showed an improvement in redness and overall condition of their skin with this frequency. Jessica has found that every other day is the perfect schedule for her.

One of the benefits of using the Clarisonic besides cleaner skin – up to six times cleaner than manual cleansing with soap and water – is that it prepares the skin for greater absorption of skin care products and anti-aging serums.

Contour Dermatology currently offers the Clarisonic Pro Kit, which is exclusive to medical offices, the MIA 2 and the Opal. For more information, stop by the office to check out a demo model.

~ Amy Kerr Joins Contour (continued from page 2) ~

"I love being involved in patient care. I like that I'm able to be an advocate for the patient to track their important information every step of the way," said Amy.

Having an in-house lab means faster turnaround time for patients to get their results as well as enhanced quality care. Slides are still sent to a board certified dermatopathologist in Los Angeles to be read, but all slides are now prepared and processed in house.

Several steps are required to prepare biopsy slides. After the tissue is received, it is grossed in and loaded into an ASP300 tissue processor that runs for 18 hours to remove the water from the tissue and infiltrate it with paraffin. Next it is embedded in paraffin and cut on a microtome. Once the cutting is done and the slide prepared, it is stained with Hematoxylin and Eosin to differentiate the cells. The processed slide is then delivered by courier to a dermatopathologist to be read.

Amy also assists in slide preparation during Dr. Jochen's Mohs surgery procedures. "Mohs surgery is a very precise treatment for skin cancer in

which the cancer is removed in stages, one tissue layer at a time. I prepare the slide for Dr. Jochen to microscopically examine to ensure the surgical tissue is free of cancer. The Mohs technique for skin cancer has the highest cure rate – up to 99%," she said.

Amy was exposed to medicine at an early age, as her mother has been a Histotechnologist for 30 years. During the beginning of Amy's career, she covered her mother's schedule for a year while she recovered from an emergency surgery. "Because of this experience, I was able to get one-on-one training and a broader training that less than 1 percent of people in my field receive."

Amy is a member of numerous professional associations including the American College of Mohs Surgery, American Society for Mohs Surgery, California Society for Histotechnology and the National Society for Histotechnology. She is currently attending Goodwin University to complete her Bachelor's Degree in Histology.

~ The Beauty of Balance ~

Belotero Balance® Filler Now Available at Contour

Smoothing wrinkles and folds, filling in fine lines and adding volume is an artistry that requires balance. So it's perfectly fitting that the latest FDA-approved filler has the word "balance" as part of its name. Belotero Balance® may be the newest name in the United States in dermal fillers, but it has been used in Europe for several years and comes from a familiar, trusted name – Merz Aesthetics, makers of Radiesse.

"One of the advantages of Belotero is that it can be injected more superficially than other fillers to treat finer wrinkles and delicate areas such as around the eye," said Dr. Timothy Jochen. "Belotero is a great addition to our offering of facial fillers. With cosmetic procedures, it's always about customizing treatments to what is best for the patient."

Where is Belotero recommended?

Belotero Balance received FDA approval in November 2011 for the correction of severe to moderate facial wrinkles and has been available at Contour Dermatology since this past summer. Belotero comes in three concentrations which sound almost like a Starbucks order: Soft, Basic or Intense. The Soft formulation was designed for correction of superficial lines such as crow's feet, frown lines between the brows and some lines around the mouth. Basic treats deeper lines around the mouth, the bridge of the nose and hands and décolletage. Intense is for deeper furrows such as the nasolabial folds and for augmenting cheeks and lips and is injected deeper into the skin.



Photos courtesy of Belotero

How long does it last?

According to Merz Aesthetics, Belotero is reported to last 6 to 12 months. In clinical studies 66% of patients continued to show a visible improvement 9 months after a single treatment.

What's different about Belotero?

Belotero Balance is a non-animal based monophasic hyaluronic acid (HA) double cross-linked gel that is produced using a patented Cohesive Polydensified Matrix (CPM) process. As a cohesive gel with HA concentration, compared to HA particles suspended in a gel, it is a thinner solution that fills the dermal spaces more completely. This may lead to a smoother result with less risk for lumps and bumps.

According to an article published in the July 2012 issue of *Dermatologic Surgery*, a German study found the effectiveness of Restylane, Juvéderm and Belotero to be nearly equivalent, except in week four where Belotero stood out. A second German study, published in the *European Journal of Dermatology* showed a slight preference for Belotero over Restylane and a greater evenness among nasolabial fold treatment with Belotero at week four over Restylane. A U.S. study by Merz compared results of Belotero and Juvéderm for nasolabial fold treatment with an equal or better result among 40 patients.



Photos courtesy of Belotero

Dr. Jochen is in the Top 1% of Facial Filler Injectors in the Nation

Selecting an experienced injector with an artistic eye for where and how to place the filler are important considerations when deciding to have any cosmetic filler treatment. Dr. Jochen has been performing rejuvenating filler injections since the days of fat and collagen injections. Dr. Jochen is in the top 1% of Botox and facial filler injectors in the nation.

To learn more about Belotero and to see if it's right for you, call (760) 416-6971 to schedule your personal cosmetic consultation.

~ Helping People Overcome Acne and Acne Scarring ~



Timothy M. Jochen, M.D

There's already enough pressure and drama during the teen years without having to battle acne, but unfortunately more than 80 percent of teens will experience some form of acne. And it can reappear well into adulthood. At Contour Dermatology, we

empathize with teens and their parents over the emotional as well as physical aspects this skin condition creates. Treating people with acne and acne scarring is some of the most rewarding work we do. To see the transformation of patients to clear skin and enjoying a renewed sense of self-esteem is a truly joy.

Stop the Inflammation

The first step is to get the acne under control. For moderate to severe acne, I typically recommend Accutane. It's a proven therapy and only requires a short course, but has long-lasting results. For mild to moderate acne, Retin A can be helpful. We also have other oral and topical prescriptions we may recommend. Certain lasers target the sebaceous glands to reduce breakouts and blue light therapy kills bacteria. Once the active acne is controlled, we deal with any resulting scars.



Treatment included Accutane for 6 months, ReFirme, Fraxel and Smoothbeam lasers.

~ **Laser Resurfacing** – fractional CO₂ is considered the Gold Standard for several types of scars. This laser ablates the top layer of the skin making scars shallow and less defined. It also stimulates collagen below the scar and shrinks and tightens skin. However, it is not recommended for darker skin types due to possible hyperpigmentation.

~ **Fraxel Laser** – an alternative to the fractional CO₂, it is less aggressive but fine for most skin types.

~ **Smoothbeam/Excel V Lasers** – stimulate collagen to naturally fill in scars for a more even texture.

~ **Dermaroller** – an alternative to the fractional CO₂. The Dermaroller uses needles to penetrate the skin to stimulate collagen much like fractional technology.



~ **Dermabrasion** – a common treatment for "sanding down" acne scars and stimulating collagen. At Contour, we perform Vibradermabrasion with textured paddles, not crystals.

~ **TCA Chemical Peel** – can help improve the appearance of rolling or depressed acne scars.

~ **Injectable Dermal Fillers** – Help some scars and last anywhere from six months to one year.

~ **Subcision** – Can elevate a scar and also stimulate collagen to prevent the scar from looking indented.

~ **Punch Elevation** – lifts a scar with a punch biopsy scalpel and the tissue is sutured in place.

~ **Punch Graft** – involves a graft of skin from a donor site such as behind the ear. The risk with this method is that the donor site may not match the exact skin tone of the receiving area.

Types of Acne Scars

There are four distinct types of acne scars: **Ice Pick Scars** – so named for the deep pits they leave, **Boxcar Scars** – rectangular or oval shaped depressions, **Rolling Scars** – a waved fibrous pattern with soft edges, and **Hypertrophic Scars** - raised scars.

Acne Scar Treatments

Treatment options range from lasers, minor surgical procedures to dermal fillers, chemical peels and dermabrasion. Usually it requires a combination of technologies to deliver the best results.

As you can see there are many options for reducing the traumatic effects of acne. After all, our goal is to help you feel good about your skin again.

Contour Dermatology Locations

Palm Springs

1180 North Indian Canyon Drive
Suite E-419

Rancho Mirage

42-600 Mirage Road
Building A-1

Santa Monica

1260 15th Street
Suite 917

Newport Beach

1401 Avocado Avenue
Suite 610

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