

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Winter 2009

~ Latisse™ for Longer, Thicker, Darker Eyelashes ~

An innovative medication recently received FDA approval for treating hypotrichosis – the medical term for sparse eyelashes. Latisse is a solution that you apply once a day to the base of your upper eyelashes, making them grow longer, thicker and darker in just a matter of weeks. And it's available at Contour.



"If you discontinue use, eyelashes will gradually return to where they were prior to treatment," explains Dr. Jochen. "This will occur over a period of weeks to months, the average eyelash-hair cycle."

Extensively tested for safety

Latisse was first approved by the FDA in 2001 for lowering intraocular pressure in people with glaucoma. The product's long-term safety was established based on 32 clinical trials involving more than 5,700 glaucoma patients and more than 13 years of clinical trial experience.

"Latisse has gone through extensive testing for safety and effectiveness, so I'm confident that it delivers results with little risk of side effects," says Dr. Jochen. "Patients using this product have seen significant differences in eyelash growth and are very satisfied with the results."

Latisse is applied once daily to the base of the upper eyelashes with a sterile, single-use-per-eye disposable applicator. You can expect to see longer, fuller and darker eyelashes in as little as eight weeks, with full results in 16 weeks.

How does Latisse work?

Eyelash growth occurs by increasing the percent of hairs in – and the duration of – the growth phase of the eyelash-hair cycle. The active ingredient in Latisse – a substance called bimatoprost – prolongs this growth phase, so lashes can grow longer, thicker and darker.

To maintain results, continued treatment with Latisse is required.

Doctors noticed, however, that patients treated with Latisse for their eye condition experienced eyelash growth as a side effect. So Allergan – the makers of Latisse – conducted another clinical trial specifically to study the product's aesthetic benefits. It received FDA approval for promoting eyelash growth in 2008.

"Botox® was first approved for treating eye disorders, too, before it was found to have an aesthetic benefit," notes Dr. Jochen. "So both products have undergone extensive testing with a very favorable safety profile."

To learn more about whether Latisse is right for you, please call the office to schedule a consultation.

~ Contour's New Fractional CO₂ Laser Resurfacing: Advanced Technology, Amazing Results ~

It's the best of both worlds: the outstanding results of CO₂ laser resurfacing, and the minimal downtime of less-ablative procedures. It's frac-



tional CO₂ laser resurfacing, and in one 30-minute treatment it can improve lines under the eyes and around the lips better than any other laser on the market today. Plus, it can shrink pores, reduce pigmentation, eliminate lines and tighten

skin throughout the rest of the face – and all with an extremely short recovery (just days) and long-lasting results (years)!

The new UltraPulse laser delivers fractional treatments using three different attachable heads (ActiveFX, DeepFX and TotalFX), so treatment can be customized just for you. Right now, Contour is offering the following special pricing:

~ TotalFX full-face treatment	\$1,999
~ Total FX eyes-only treatment	\$1,200
~ ActiveFX or DeepFX full-face or eyes treatment	\$599

To schedule a free consultation to learn more about fractional CO₂ laser resurfacing, please call us at 416-6971.

~ Microlipoinjection: Facial Sculpting Using Your Own Body Fat ~

Microlipoinjection – also called autologous fat transfer – is a procedure in which a person's own body fat is used to add volume to areas of the face. This 3-step procedure first involves the gentle liposuction of some excess fat (usually from the jowls, abdomen, thighs or buttocks). The fat cells are isolated and cleaned, then injected into the targeted facial areas.

Facial fat injections can "plump up" smile and frown lines, marionette lines (running from the sides of the mouth to the chin), wrinkles, hollows under the eyes or cheekbones, and the lips. Fat transfer also can be used to treat acne scars or other skin depressions.

In addition to rejuvenating the face, autologous fat transfer has several major benefits. There's no allergic reaction since the fat transplantation is

from your own body. The effects are very long-lasting (longer than most cosmetic injectables). It's an excellent complement to facial resurfacing procedures. And as a minimally invasive procedure requiring only local anesthetic, the procedure carries little risk.



Want to know more? Call us to schedule a free consultation.

NOTE: THE SKINNY IS GOING ELECTRONIC SOON...

In the near future we will distribute The Skinny newsletter only via e-mail. Don't worry, we'll give you the final notice before we make the switch, but we are asking our patients who enjoy this quarterly newsletter to subscribe now as we transition toward an all-digital publication. To sign up, just go to www.contourderm.com and right on the Home page you'll see: Join our Mailing List.



You're invited
Day of Beauty

Saturday, March 21, 2009

10 a.m. to 4 p.m.

Refreshments • Hors d' oeuvres • Prize Drawings

Bring a friend and come pamper yourselves
with our most popular procedures.

Reservations Required.

RSVP: 416-6971

555 East Tachevah Drive
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PROCEDURE

SPECIAL PRICE

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Botox	\$9 per unit	\$10 per unit
Perlane®	\$425 per syringe	\$550 per syringe
Juvederm™	\$425 per syringe	\$500 per syringe
Sculptra™	\$500 per vial	\$650 per vial
Radiesse™	\$550 per syringe	\$695 per syringe
Restylane®	\$375 per syringe	\$500 per syringe
Beta Lift Peel	\$50	\$125
Illuminize Peel™	\$85	\$125
TCA Peel	\$300	\$400
Green Tea Infused Vibradermabrasion	\$50 face only	\$125 face only
Fraxel® Laser	\$450	\$500
IPL™ Foto Facial™	\$299	\$399
Laser Hair Removal	\$99 per area*	\$230 per area*

*upper lip, chin & underarms only

~ Save 20% on Outstanding Neocutis Skin Care Products ~

Fetal skin has a unique ability to heal wounds without scarring. Inspired by this, researchers created a process to extract the rich proteins responsible for wound healing from cultured fetal skin cells (a dedicated cell bank was established for developing new skin treatments using a single biopsy of fetal skin). Originally used to develop burn treatments, today this cell bank also provides a lasting supply of cells for producing Neocutis skin care products containing PSP® (Processed Skin Cell Proteins) – the most complete and balanced combination of human growth factors and cytokines available. These products are clinically proven to rejuvenate the skin and reduce the appearance of facial wrinkles. And for a limited time, the following Neocutis products are available at Contour for 20% off:

Lumiere Bio-restorative Eye Cream

Energizes, revitalizes and rejuvenates the delicate eye area. (0.5 oz)
Regularly \$75. **Now \$60.**

BIO-GEL Bio-restorative Hydrogel

Helps restore elasticity and radiance to stressed skin. (1.69 oz)
Regularly \$150. **Now \$120.**

Neocutis Bio-restorative Skin Cream

Reduces the appearance of facial wrinkles after 2 months of daily use. (1.69 oz)
Regularly \$130. **Now \$104.**



~Meet Kara Crane, NP Contour's New Nurse Practitioner ~

Kara Crane, NP recently joined the staff of Contour Dermatology & Cosmetic Surgery Center as a Nurse Practitioner. She works out of both the Palm Springs and Rancho Mirage offices, but primarily in Palm Springs.

She met Dr. Timothy Jochen at a medical meeting in 2008 at which Dr. Jochen was serving as the Botox® trainer. "When I heard that he was considering expanding his practice, I immediately faxed over my resume to be considered for the position," comments Kara. Kara joins Dr. Jochen, Elaine Woo-Gallagher, NP, Laura Moroney, RN and Ludim Camacho, RN as part of the Contour medical team, assisted by several Medical Assistants and Medical Techs.

Prior to joining Contour, Kara worked for a plastic surgeon in Redlands, as well as Loma Linda Medical Center where she worked for eight years as a staff nurse in the ICU and Emergency Room.

Kara earned her degree in Nursing from Loma Linda University School of Nursing, attending on a scholarship and graduating Cum Laude. She went on to obtain her Master's of Science Degree at Cal State University Long Beach.

A native of Redlands, Kara still lives in this community with her husband, Stephen, and their two young children. With two toddlers, Kara spends most of her leisure time with her kids, but when she has the opportunity, this self-described "outdoorsy girl" loves mountain biking and running.

During high school she often had a chance to accompany her mother who is also a nurse and watch some interesting surgeries at St. Bernadine's Hospital. "It was fascinating and that

was what sparked my interest in nursing," comments Kara who states nursing was definitely her calling in life.

She is excited to be working in dermatology.

"As a teenager, I had severe acne and I know the insecurity that can come along with that, so I love to be able to help people address skin issues. That's the first thing people see when they see you is your skin. I like that you can make a big difference in people's lives," she says.

"Medical dermatology is my focus at Contour, but I also work with lasers and do some patient cosmetic consultations," she explains.

Since joining Contour, she's tried all the products, had some of the fillers, Botox, peels and undergone a few laser treatments, so she knows the benefits first hand and what to tell patients they can expect with various procedures and products.

"I want to provide a good service to patients and see them leave here with a good experience," comments Kara. "I am thrilled to be part of the team at Contour. I love the energy at the office and the people. Dr. Jochen has been an amazing mentor and teacher to me and I look forward to utilizing that knowledge to make a great contribution here."



"I want to provide a good service to patients and see them leave here with a good experience."

~ A Variety of Options to Minimize Scars ~

There are many different types of scars, but most have one thing in common: they can make us feel self-conscious about our appearance. With all the advances in dermatology, there are numerous procedures that can be used – either alone or in combination – to minimize scars and create the smoothest-possible appearing skin.

- **Dermal fillers**, such as collagen, Restylane™ or Radiesse™, can be injected to elevate indented soft scars such as ice pick or boxcar scars. Autologous fat transfer (using a person's own fat cells) may also be an option for treating depressed scars.

- **Punch grafts and punch excisions.** In a punch graft, a tiny instrument is used to punch a hole in the skin and remove the scar; the area is then filled in with a small "plug" of normal skin. A punch excision uses stitches to close the tiny hole. Deep or "pitted" acne scars respond well to punch grafts or excisions.

- **Laser resurfacing and pulsed dye therapy** can be used to remove damaged skin. Different lasers use different types of high-energy light; a pulsed dye laser, for example, uses yellow light to flatten out hypertrophic scars or keloids and lessen scar redness. Atrophic scars and stretch marks also respond well to laser therapy.

- **Chemical peels** can remove the top layer of skin in order to smooth indented scars and restore a more even skin tone. These peels are most helpful for superficial scars.

- **Dermabrasion** employs a high-speed brush to remove surface skin and alter a scar's contour. Superficial scars may be entirely removed; deeper scars may be reduced in depth.

- **Cortisone (steroid) injections** can be effective in softening keloids so they shrink and flatten; this is a frequent treatment of choice for keloids and hypertrophic scars.

- **Surgical scar revision** is a method of removing a scar and rejoining the normal skin in a more aesthetic way. This is best suited for wide or long scars in prominent places.

"The first step in scar treatment is a thorough evaluation so that I can understand a patient's unique concerns and goals, and determine the most appropriate treatment for his or her type of skin," says Dr. Jochen.

For more information or to schedule a free consultation, please call 416-6971.

~ Laser Tattoo Removal: Safe and Effective ~



Advances in laser technology have made tattoo removal easier than ever before, and Contour has an effective laser designed specifically for this purpose.

Colored inks have traditionally posed a particular challenge in laser tattoo removal, since

all the necessary wavelengths in a single piece of equipment.

"This laser is capable of producing pulsed energy in varying wavelengths, which enables me to treat tattoos of all colors with minimal risk of scarring and less patient discomfort than other laser treatment," says Dr. Jochen.

"I only invest in equipment that I think can produce safe and effective outcomes for my patients, and that's exactly what this laser does," he adds.

Got a tattoo you'd like to get rid of? Call us to schedule a free consultation about laser removal.

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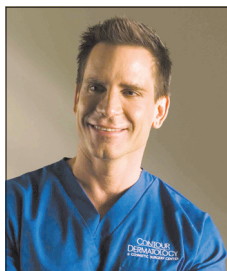
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760-416-6971

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~ Melanoma: Please Pay Attention ~



Timothy M. Jochen, M.D.

I'm always reminding patients to use sunscreen and avoid excessive sun exposure. Yes, it helps prevent premature skin aging. But the most serious risk of sun exposure is melanoma, the deadliest form of skin cancer.

Melanoma is one of the fastest-growing cancers in the world. It claims a life every hour. It can develop anywhere on the body, including eyes, scalp, hands and feet. It's most common in men over age 50, yet it's the second most common cancer among all people ages 15 – 29. Which means that melanoma can affect anyone, regardless of their age, sex or race.

The majority of melanoma is caused by exposure to UV rays, chiefly sunlight. Living in the desert, we're exposed to a great deal of sunlight, so we

have to be extra careful. Just one blistering sunburn can double your chance of developing melanoma.

The good news is that most melanoma is curable in the early stages. And unlike other cancers,



melanoma is visible on the skin, making it easier to detect in the early stages.

So I urge you – protect yourself from the sun. Wear sunscreen with both UVA and UVB protection every day. Examine your skin often and take note of any changes or new moles. And if you have any questions or concerns about a suspicious spot on your skin, come in and see me so I can take a look. Please.