

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Summer 2018

~ Melanoma: Be Aware ~ *Get Your Skin Checked Regularly*

Melanoma is an ominous word that no one wants to hear. Unfortunately each year, Contour Dermatology diagnoses about 100 cases of malignant melanoma.

A big part of our practice is patient education and we encourage people to get any suspicious spots checked

sooner than later. There's always a better chance of successful treatment when skin cancer is caught early.

"I would be dead if I didn't have my mole removed," said Joey Lizotte of Palm Springs. "Dr. Jochen literally saved my life."

In 2013, Joey came to Contour Dermatology to get a mole on his back checked out. He didn't think anything of it, but someone mentioned it didn't look right. Dr. Jochen biopsied it and contacted Joey with the results. "You need to come in here and get this take off right away," he said. Dr. Jochen surgically removed the mole and some surrounding tissue to be sure that all of the cancer was removed.

The status of the mole was Stage II Superficial Spreading Malignant Melanoma. Melanoma is the deadliest form of skin cancer. According to the American Cancer Society, nearly 91,000 new cases of melanoma are diagnosed each year and about 9,000 people die of the disease annually.

Because of his history with skin cancer, Joey now gets his skin checked every six months. He has remained melanoma free, but has had other

atypical moles removed and most recently had Mohs surgery for removal of a skin cancer on his temple.

How has the melanoma diagnosis and treatment changed his life, beyond gratitude? "I used to be tanorexic," said Joey. "Now, I stay out of the sun and I wear hats and I put my sunblock on from the moment I get out of the shower."

Melanoma may originate in or near a mole or other dark skin area. The first sign of melanoma may be a sore, lump, skin growth or change in the size, shape, color or texture of an existing mole. Melanoma also may cause bleeding from a skin growth.

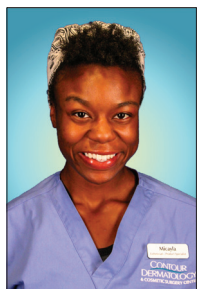
Patients who are at increased risk of developing melanoma are more likely to be those who have fair skin, a personal or family history of melanoma, many moles, a weakened immune system, severe sunburns at a young age, and extended exposure to ultraviolet radiation.

The only thing better than catching a skin cancer early is preventing it. Be sure to exercise good sun safety practices and be consistent. Also be sure to get your skin checked on an annual basis.



~ Contour Welcomes New Esthetician ~

Micayla Osifo



Micayla Osifo

Micayla Osifo did what she would counsel others in the process of determining her career path: "Follow your heart and do what makes you happy. Do something that brings you joy and brings joy to others."

Micayla is the newest esthetician team member at Contour Dermatology.

Micayla performs custom facials, chemical peels, eyebrow trimming and shaping, waxing and VelaShape laser treatments. If you'd like to enjoy one of these pampering treatments, she currently sees patients Tuesday – Thursday at the La Quinta office and on Friday and Saturday at the Rancho Mirage office.

A California native, Micayla grew up in Orange County and graduated from John F. Kennedy Middle College High School in Norco. It was an aunt who is a Certified Nursing Assistant on staff at Eisenhower Medical Center who inspired her to consider a career in healthcare. Micayla moved to the desert in 2016, and earned her nursing assistant certificate from the California Nurses Educational Institute in Palm Springs with high honors. She briefly worked at Rancho Mirage Health Care, an assisted living facility, as a CNA and then had the opportunity to join her aunt at Eisenhower. After working as nursing assistant for a year, she said, "I decided I needed a change. I still wanted to help people, but in a different way. So she took esthetic classes from the Milan Institute of Cosmetology in La Quinta while she continued to work at the hospital. She was recommended to Contour Dermatology by her professor at the Milan Institute and she began work at Contour the day after she received her esthetician's license – February 8, 2018.

A big part of her position is patient education. "I talk with each patient and ask them about their skin care concerns, their goals, their budget and

get to know them. We want to determine a regimen that would be ideal for them," she said.

During a facial, she performs a thorough cleansing and then takes a good look at the skin without makeup or products. "We talk a lot during the first facial before I begin the treatment to be able to determine their needs. We have products for each type of skin – acne prone, oily, combination, dry, aging skin – something for everyone," said Micayla. With clean skin and a set plan, she exfoliates the skin with a derma file – a non-invasive form of exfoliation and she performs any extractions which may be needed such as milia, white or black heads. After this, she treats the skin with either a mask, serum or recovery complex and then they get to enjoy a 10-minute chest and shoulder massage. "I love to take pictures so they can see where we started and what's working and what's not and come to a consensus of what's best for them."

Micayla recommends people get facials once a month as our skin has a 28-day cell renewal cycle. She advises people to exfoliate at home two to three times a week and then get a professional facial monthly. "This way when we see them again in about four weeks, we're not starting from square one, but helping them to maintain their skin in optimal condition. A facial is like waxing your car – it's professional maintenance."

As far as treatments herself, Micayla has recently begun a series of Jessner peels to lighten areas of hyperpigmentation and reduce acne scarring. Having darker skin herself, she is excited to show her patients that regardless of skin type, there are safe and effective ways to reduce hyperpigmentation if you do it gently and by a professional.

When she's not working, Micayla, who lives in Palm Springs, enjoys hanging out with her boyfriend, reading, cooking, hiking and she loves to walk people's dogs through the Rover app.

~ Try Terrific Thursdays in La Quinta ~

Are you ready to step into the spotlight? The transforming laser light that is? Contour Dermatology has the largest selection of cosmetic lasers in the desert with a laser to treat just about every type of skin concern. If you've never had a laser treatment before or if there's a new laser you've wanted to try, we invite you to take advantage of our Terrific Thursdays available every Thursday at our La Quinta office. This is a special opportunity to get your first laser treatment at 50% off to introduce you to a new laser. We like to offer this as many treatments do require a series of sessions for best results. The following lasers are included in the Terrific Thursday special:

IPL – excellent for reducing brown and red spots or any hyperpigmentation

Sublime – provides skin tightening and wrinkle reduction and who doesn't want that?

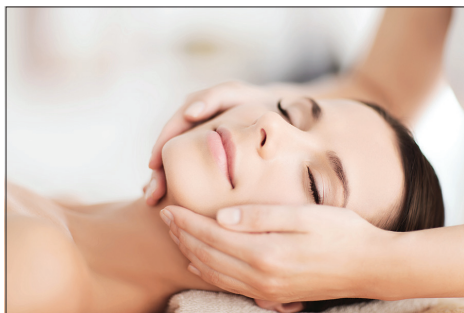
MedLite C6 – effective for laser hair removal or tattoo removal

VBeam – reduces redness or red spots for a more even complexion



Our La Quinta office is located at 46080 Jefferson Street, just north of Highway 111. Call us at (760) 423-4000 for more information or to make a Terrific Thursday appointment!

~ Enjoy a Luxurious Custom Facial ~



When was the last time you treated yourself to a healing, pampering facial? At Contour Dermatology all of our facials are custom to exactly what your skin needs as this can change from one season to another or one session to the next.

The elements of a one-hour facial include:

- Cleansing
- Extractions of any black or white heads
- Exfoliation
- Treatment – application of a serum or mask or complex
- Moisturizer
- Shoulder and neck massage

Everyone leaves glowing and relaxed. Monthly facials are recommended to keep your skin in optimal condition. The regular cost of a one-hour facial is \$125, but you can receive **20% off** a facial with our Esthetician Micayla Osifo if you schedule it this summer and mention **"The Skinny Facial Special."**

To schedule your custom facial treatment, call (760) 423-4000.

~ Staff Product Pick ~

May Lissa Hernandez's Skin Care Regimen



May Lissa Hernandez

We asked May Lissa Hernandez, Contour Dermatology Office Manager, to pick her favorite product. "I can't pick just one," she said. So instead we are spotlighting May Lissa's entire skin care regimen. May Lissa has combination skin and appreciates a cleanser that contains salicylic acid to

help control oil and breakouts and also uses a natural brightening product. Besides products, she uses her Clarisonic device to cleanse and gently exfoliate her face. The end result, she lets her beautiful skin shine through and except for special events, she wears no foundation makeup on a daily basis.

Morning

Cleanser: Obagi Clenziderm

This cleanser is specially formulated with salicylic acid. It also has menthol for a clean, crisp and cool feeling.

Brightener: SkinMedica 2.0 Lytera

This product contains licorice root and kojic acid to brighten the skin and offers a natural, non-hydroquinone approach to skin brightening.

Anti-Aging: SkinMedica's TNS Essential Recovery Complex

An amazing all-in-one anti-aging product with

growth factors to heal and transform the skin. This product also has a tightening effect.

Anti-Aging: SkinMedica HA5

This is a special formulation of topical hyaluronic acid. It is a treatment and not a moisturizer, but it helps the skin to maintain its natural with moisture. May Lissa likes to blend this with Obagi Hydrate or SkinMedica's Vitamin C+E.

Moisturizer: Obagi Hydrate

A luxurious formula, this lightweight moisturizer helps keep your skin hydrated for hours.

Moisturizer: Avene Thermal Spring Water Spray

May Lissa uses this fresh water spray to lock in moisture. During summer, she keeps a bottle in her desk drawer for hydration throughout the day.

Sunscreen: Obagi Sun Shield Matte SPF 50

It's a light-weight matte finish sunscreen that's great for every day use with a high SPF. It doesn't make you feel oily and is unscented.

Evening

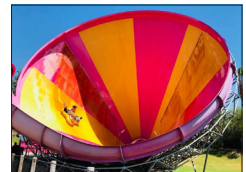
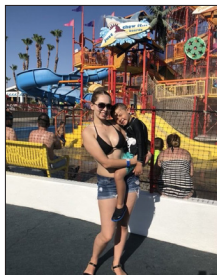
Cleanser: Obagi Clenziderm

Brightener: SkinMedica 2.0 Lytera

Retinol: Low dose 0.25 SkinMedica Retinol or 0.5 Obagi Tretinoin (alternates)

About two to three times a week, May Lissa uses a retinol product to help further skin cell turnover and improve any fine lines or wrinkles.

~ Contour Staff Summer Fun ~



~ Join Club Contour for Monthly Laser Treatments ~ *at Incredible Savings*

Joining a club always has its benefits and Club Contour is no exception! We have designed this year-long program to help our patients achieve and maintain optimal results through monthly laser treatments. The program's incredible discounts make dramatic results possible at dramatic savings. By joining Club Contour, you can get one laser treatment per month at up to 50% to 60% off. As a member, you'll also receive a free chemical peel or vibradermabrasion treatment each month by one of our estheticians. Let 2018-19 be the year that you transform your skin!

Club Contour membership is for a one-year period and must be paid in full upon sign up. Please note that services are to be experienced monthly and not to carry over into the next month.

Featured lasers and devices in this program include: IPL, Excel V, Sublime, VBeam and the MedLite C6. The Fraxel laser also is available for an additional \$600 to cover the cost of the disposable tips required for this laser. Here's a brief description on each of these lasers and how they can benefit you with more beautiful skin.



IPL: These initials stand for Intense Pulsed Light. The device we have is the FotoFacial™ and this treatment is excellent for reducing hyperpigmentation and sun damage which results in brown or red spots or splotchy areas of pigment.



Excel V: This laser gets the red out. It's excellent for treating facial spider veins, leg veins, rosacea and any broken blood vessels on the face. It's literally just a zap and visible blood vessels are gone. Concentrated areas of redness take several treatments. This laser is highly effective in treating port wine stains,

cherry angiomas, poikiloderma – neck redness or color irregularity, periorbital blue veins around the eyes and surgical scars.



Sublime: Radiofrequency energy is the method of action for this device and it's effective for tightening skin and reducing wrinkles.



VBeam: The VBeam is also effective at treating red spots and areas of redness. There is a little bit more downtime than with the Excel V, but it remains an excellent and affordable way to reduce redness.

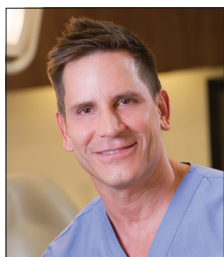


Fraxel: Featuring fractional CO₂ technology this laser treats the affected area of skin, leaving the healthy skin untouched. It provides similar results to the stronger CO₂ laser, but with very little downtime. It's effective even on delicate areas such as the neck, chest and hands for reducing skin imperfections.

MedLiteC6: If you have unwanted hair, this laser expertly targets hair follicles in the growth cycle to reduce hair in areas where you don't want it. If you want smoother legs, under arms, upper lip, a reduction in beard growth, less back hair or less bikini area hair, this is the laser for you.

Please call the office at (760) 423-4000 to sign up or for more information.

~ Nail Tales: The Aging Nail ~



Timothy M. Jochen, MD

As you age, just like the rest of your body, you can expect to experience changes with your nails. Nail disorders can affect even the simplest of tasks like picking up a small object or touching a button or comfort in shoe wear. The most common complaints we see and treat at Contour Dermatology are brittle nails, fungi, infections and nail dystrophy – the yellowing, thickening, ridges and misshapen nail beds of the toes or fingers.

The first thing I recommend to my older patients is to consider taking an over-the-counter hair and nail supplement to provide additional nutritional support to strengthen the nails. They do help, especially as one of the problems in the aging nail is that they break and split more frequently. Most hair/nail vitamins are rich in biotin and contain B complex vitamins and antioxidants.

For nail fungus, we typically recommend Lamisil or Kerydin ointments. Kerydin helps with both nail dystrophy and fungus. One of the benefits of seeing a dermatologist is, if a patient presents with a nail fungus, we biopsy and culture the fungus to get the most accurate diagnosis and treatment plan. If you do require a topical medication, patience is required as nail disorders generally respond very slowly to treatment because they grow slowly and the nail cannot absorb medications very well.

Some people become concerned about spots on their nails. White spots on the nails are very common, and usually result from injury to the

base of the nail, where the nail cells are produced. They will eventually grow out and are not a cause for concern. Splinter hemorrhages can cause fine, splinter-like vertical lines to appear under the nail; trauma is the most common cause, and these will resolve on their own.

Nail biting is a terrible habit and hangnail picking is not a good idea, either. Both can lead to infection. If you have a hangnail you should clip it carefully. For any nail infections, we will typically prescribe antibiotics.

Patients often ask me about painted nails. I think

it's just fine to get your nails polished. Either do this yourself or pick a reputable salon and make sure the brand used is formaldehyde-free polish. Some people express concern

about the UV lights for gel application, but I don't have a particular concern about this limited exposure.

In closing, here are some tips for good nail care which can help prevent some problems in the first place:

- Keep nails clean and dry.
- Nails should be cut straight across and rounded slightly at the tip for maximum strength.
- Do NOT remove your cuticle since it protects you from infection.
- Use a nail file with a fine texture to keep nails shaped and free of snags.
- Avoid biting fingernails or cuticles.
- Avoid "digging out" ingrown nails, especially if they're already red and sore (and likely infected).
- Report any nail problems to our office. This includes nail changes, swelling, redness or pain, which could signal a serious problem.



Nail Dystrophy

Contour Dermatology Locations

Rancho Mirage 42600 Mirage Road
Palm Springs 1180 North Indian Canyon Drive, Suite E-419
La Quinta 46080 Jefferson Street

760-423-4000
888-977-SKIN