

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Issue 2, 2021

~ CoolSculpting Gets an Upgrade ~ *Experience CoolSculpting Elite at Contour*

CoolSculpting has been revolutionary from day one. But this non-surgical, fat-freezing technology has continually undergone improvements – from the development of different FDA-approved applicators to treat other areas beyond the initial abs and flanks to faster cycles for shorter treatment times. Now, CoolSculpting has unveiled CoolSculpting Elite. It's their most advanced system yet. The Elite version is FDA approved for nine areas of the body. Contour Dermatology is awaiting delivery of two



CoolSculpting Elite machines which should arrive early this spring to add to our collection of six classic CoolSculpting devices. "As a top CoolSculpting provider in the valley and the nation, we want to offer the latest equipment from CoolSculpting, and this expands our ability to help even more people enjoy this popular non-surgical, fat-reducing body sculpting treatment," said Timothy Jochen, MD.

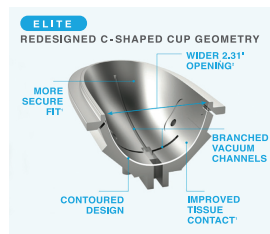
What are the benefits of CoolSculpting Elite?

CoolSculpting Elite is the first major upgrade to CoolSculpting in a decade. From a medical equipment standpoint, it's a sexier, sleeker-looking machine with all new hardware and software. From the patient perspective, patients will appreciate knowing it's the latest, greatest system. Still, the real benefit is that it can treat two areas simultaneously with one machine and four areas simultaneously with two Elite units. So, primarily, the device is best suited for those with multiple areas they want treated. The Skinny Center at Contour Dermatology has been offering dual CoolSculpting for quite some time.

With multiple machines at the practice, we can just hook up two machines to a person to treat different areas. But with the Elite, the machine itself features two applicator cords, so it's more efficient that way.

New C-shape applicator for a more secure, contoured fit

The upgrade also has applicators that are 18 percent larger to fit and cover specific areas more effectively. The redesigned applicator also features a C-cup shape for a more secure fit. The contoured design provides better tissue connection as it reduces the possibility of potential air pockets for more efficient cooling.



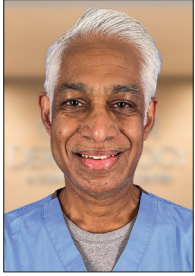
Greater fat-busting power?

As of now, the literature states that CoolSculpting Elite has the same level of fat-busting power – up to 25% of fat cell reduction per treatment. However, a study is currently underway to determine if this upgraded version will help reduce more fat or simply offer the convenience of more areas at once. As far as the overall patient experience, CoolSculpting Elite is basically the same as the classic machines – which is fine as that's already a totally cool experience!

~ Contour Dermatology Welcomes Two New Providers to Medical Team ~

Dr. Anand Raja Bhupathy and Jessica Batterson, FNP-BC

Dr. Anand Raja Bhupathy, a board-certified, fellowship-trained dermatologist with more than two decades of experience in private practice, has joined the Contour Dermatology medical team. Dr. Bhupathy currently sees patients for rashes, growths, nail and hair issues.



Dr. Anand Raja
Bhupathy

Dr. Bhupathy comes from a medical family as both his mother and father were physicians and his grandfather was a specialist in ayurvedic medicine. Initially, he thought he would follow in his father's footsteps as an obstetrician/gynecologist. After spending a year in an OBGYN residency, he decided dermatology was his interest.

He is a graduate of the Kansas City University School of Medicine and Biosciences in Kansas City, Missouri. Dr. Bhupathy served his residency in dermatology at the Western University of Health Sciences, in Pomona, California followed by a fellowship in cosmetic dermatology at the University of California, San Francisco and a fellowship in skin cancer surgery at the University of California, Los Angeles.

A fellow of the American Academy of Dermatology, Dr. Bhupathy has been published in dermatology. He shares his knowledge with the next generation of dermatologists as an Associate Professor of Clinical Dermatology at UC Riverside.

Dr. Bhupathy lives in Riverside with his maltipoo, Lila.

Jessica Batterson, FNP-BC joined the Contour medical team this past December as one of six nurse practitioners. She earned her Masters' in nursing from California Baptist University in

Riverside, where she also obtained her Bachelor's in biology. During graduate school, she worked as a critical care nurse at Loma Linda University Medical Center and Chino Valley Medical Center.

An animal lover with two dogs, a horse and a turtle, Jessica initially thought she might become a veterinarian. But what she discovered in her animal volunteer work was that she most enjoyed hearing the stories about people's pets and interacting with their owners. She decided to pursue medicine instead. During her graduate training, dermatology was her favorite among her clinical rotations.



Jessica Batterson,
FNP-BC

Her favorite treatment she's had is the Lutronic Action II erbium laser. "I'm outdoors a lot and had a lot of sun damage. The erbium laser helped address brown spots, and I am wearing less makeup now," she said. In addition to performing laser treatments, Jessica assists Dr. Jochen with surgical procedures. She also is devoting one day a week to advanced training in medical dermatology to broaden her scope of services.

Jessica is a member of the California Association of Nurse Practitioners and the Dermatology Nurses Association.

A native of Redlands, Jessica lives in Canyon Lake with her husband, Kirk, a Southern California firefighter. When she's not working, she and her husband spend much time at "the river" in Parker, Arizona, where they met and where they were married this past May. They enjoy boating, jet skis and off-roading in their dune buggy, hiking and camping.

~ The RHA® Collection – New Dynamic Filler ~

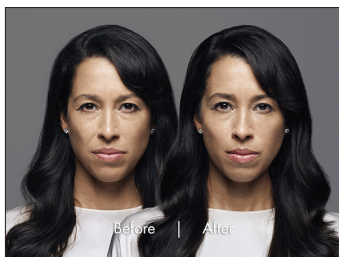
Now Available at Contour

The Swiss are famous for their chocolate, cheese, watches, army knives, the world's largest physics laboratory and awe-inspiring scenery. Now, add to that list an impressive, long-lasting dermal filler. Developed by Valérie Taupin, founder and CEO of TEOXANE Laboratories in Geneva, the RHA Collection is the newest hyaluronic acid filler on the market. Taupin was one of the co-creators of the original Juvéderm filler. The RHA® Collection, distributed by Revance in the United States, represents the latest innovation in filler technology since 2008. Prior to its introduction in the United States in 2020, RHA has been injected in more than 14.2 million people in Europe since 2015.

The hallmark of the RHA Collection is its effectiveness in treating dynamic wrinkles and folds. It is resilient enough to meet the demands of constant dynamic expressions for a more natural look at rest and in motion. This next-generation filler is the only FDA-approved filler for dynamic wrinkles. It is designed to more closely resemble the skin's natural hyaluronic acid and move seamlessly with dynamic facial movements. Featuring longer crosslinked hyaluronic acid chains, this collection of fillers lasts for up to 15 months. The collection at present includes RHA 2, RHA 3 and RHA 4, which range in varying densities to allow injectors to select what's best for the specific area of injection from fine lines to deeper creases and creating volume. RHA 1, a finer filler, will be launched later this year.

The RHA Collection is currently only available at select elite dermatology and plastic surgery practices in the nation, with an established history

of excellence in injecting dermal fillers. Dr. Timothy Jochen began injecting RHA in early 2021 and is impressed with the results.



"The great thing about fillers is they deliver instantaneous results," said Dr. Jochen. "RHA3 is a soft filler, and it's great for the lips. It can also be used to plump up facial hollowness. In my practice, I don't love new for the sake of new unless it's proven to work for my patients.

So far, I'm excited with the results from RHA." The RHA fillers also contain lidocaine in them for a more comfortable injection experience.



Dr. Jochen explained the technology behind the longer RHA chains of hyaluronic acid as a ladder. "Normally, hyaluronic acid is like a ladder with shorter steps. RHA is like a longer ladder with fewer connections between the chains. You can have a bridge that has a lot of rebars, and you can have a floating or suspended bridge that moves better with the wind and is more flexible. RHA is more flexible for facial movement, and it gives a more natural feeling in the skin," he said, noting that it has the same excellent safety provide as other hyaluronic acid fillers.

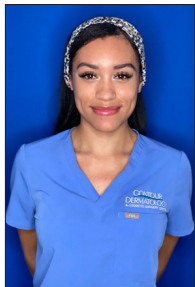
Among the first to receive the filler at the office were Contour Dermatology Front Office Supervisor Yesenia Romero and Esthetician Anne Marie Johnson. Dr. Jochen performed a lip filler treatment on Yesenia and he gave a soft volume lift to Anne Marie's chin.



If you'd like to learn more about this new filler which more closely mimics the natural hyaluronic acid found in your skin, give us a call to schedule a consultation.

~ Staff Product Pick ~

Sarice Lee Has Her Eye on ELASTIderm Eye Serum



Sarice Lee
Receptionist

Contour Dermatology receptionist Sarice Lee has been a part of the Contour team for over two years. During this time, she's had a chance to try several physician-grade skincare products. The latest one she's purchased – Obagi's ELASTIderm Eye Serum – has quickly become her favorite. "That's my new everyday go-to," she said. "I really like the roller applica-

tion. It has a cooling sensation under the eyes. I have hereditary under-eye bags, and this product really helps to smooth out my eyes in the morning."

Just like a cup of java can provide a morning pick me up, ELASTIderm does contain a small amount of caffeine along with licorice root to reduce inflammation and proprietary antioxidants. She applies it every morning and night and said she's noticed it keeps the delicate eye area hydrated and any fine lines looking smoother.

"ELASTIderm works well even with makeup because it's very light," she added. But you won't find her wearing makeup to work. She may wear a tad of concealer but saves foundation for weekends and

special occasions. This natural beauty lets her natural complexion shine through and describes herself as a product minimalist. "I try to keep it light and focus more on products that contribute to the health of my skin."

She likes to start her day with Obagi's Gentle Cleanser during the cooler months. "I have combination oily/dry skin. I like the Gentle Cleanser because it's so soothing, and I have sensitive skin." She uses Contour Dermatology's Gly/Sal 2-2 Wash featuring 2 percent each glycolic and salicylic acid during the hotter months. "That's good for exfoliation," she explained.

"In my younger years, I didn't use sunscreen much," she said. "But I learned working here that even darker skin tones need sunscreen protection." For the body, she likes Contour Dermatology's Oil Free Moisturizing Sunscreen Broad Spectrum SPF 30. For the face, she prefers EltaMD UV Replenish Broad-Spectrum SPF 44. "I love to hike, and I use these sunscreens every time before I go out, even if I'm wearing a hat."

Good skincare habits established young can help prevent premature aging and sun damage. Visit Contour Dermatology's Skin Care Store to see which products may interest you.

~ Follow Us on Social Media ~

We're very social at Contour Dermatology and invite you to connect with us on these social media platforms to get up-to-the minute news, tips and special offers.



Dr. Jochen also hosts "Best of Both Worlds" – a weekly Facebook show in which he discusses a medical or cosmetic procedure, sometimes even a live demonstration. It typically airs Thursday or Friday. **Sign up for Facebook Live notifications** to get advance notice of when the next show airs live, or check our Facebook feed to watch it later.



~ Contour Staff Welcomes New Baby ~

Congratulations to Julie Magsam

Contour Dermatology front office receptionist Julie Magsam became a first-time mom. Please join us in congratulating her and her husband on the birth of their daughter.

Ella Rae Magsam
January 20, 2021
8 lbs, 2 oz • 19 inches
Proud Father: Brad Magsam



~ Treating Buttocks Cellulite is Now as Easy as QWO® ~ *New Cellulite-Busting Injectable Available at Contour*

If you're older than 21 and a woman, it's likely you have cellulite. Yes, 90 percent of women over 21 and some men end up with cellulite. It affects all ages and ethnicities. Models are not exempt. You can photo retouch cellulite, but what people really want is to have that nice, smooth, firm skin they used to have, especially for intimate moments or wearing a bathing suit.



The frustrating thing about cellulite is that it does not respond to diet and exercise. The reason diet and exercise don't work is that cellulite is not caused by an accumulation of fat but rather by a thickening of the fibrous bands that connect the muscle to the skin and as they stiffen, they can push up fat. Hormonal changes, including birth control pills and menopause, also contribute to cellulite. And, yes, skinny people can and do have cellulite.



As common as cellulite is, Contour Dermatology has added a second cellulite-busting treatment to our arsenal of Skinny Center services. The first is our VelaShape III laser. The new treatment is QWO®, an injectable solution of collagenase clostridium histolyticum (CCH). Collagenase enzymes are produced naturally by the body as an immune response and due to certain bacteria. Introducing more of these enzymes targets collagen in the fibrous bands to break down the thickened bands and release them. Bunched-up fibrous bands are what give that dimpled appearance on the buttocks and cottage cheese or orange peel-like appearance on the thighs. QWO is not absorbed in the blood stream, it only works to target the bands.

QWO is the first, and only FDA-approved injectable for treating moderate to severe cellulite in the buttocks in adult women. A similar CCH enzyme medication has been on the market for several years and was first approved to treat Dupuytren's and Peyronie's diseases. The buttocks indication is the latest FDA approval. FDA approval for QWO use on the thighs is anticipated in the near future.

Treatment Results

With approximately 1,800 women among all studies, QWO has conducted the most comprehensive studies ever on cellulite. Two pivotal QWO clinical studies included 843 women representing a large range of BMI and covering all Fitzpatrick skin types. About half the women received a placebo injection and 424 of them received QWO injections spaced 21 days apart. The improvement of smoother skin in the QWO group was statistically significant. Among the study participants, results were noticed even when women were wearing tights. No serious side effects were reported. Study participants did experience bruising at the injection sites, which lasted several days. QWO is continuing to follow study participants for five years to determine the longevity of the injectable's results.



About the Procedure

How the procedure works is, your medical provider will numb the area of the buttocks to be treated and outline the dimples. They will then inject the dimples with the QWO solution to release the bands that pull the skin down to create a more pleasing, smoother appearance. The clinical study also included a variety of injection techniques to determine which method worked best.

Please call our office to schedule a consultation if you think you might be a candidate for this treatment.

~ FINALLY, Some New Acne Treatments ~



Timothy M. Jochen, MD

Acne is a four-letter word. About 80 percent of Americans are affected at some point by acne, with about 20 percent of those developing severe acne, which in addition to the possibility of physical scarring, can cause emotional distress. For almost as long as I've

been in practice, and even 20 years before that, dermatologists mostly have had the same options to manage acne – benzoyl peroxide, salicylic acid, tetracycline, retinoids and Accutane/Isotretinoin. This past August, a new active ingredient acne drug that combats acne from a hormonal standpoint – clascoterone – received FDA approval. Recently, we also have had some modifications of existing medications to improve formulations.

Clascoterone – a game-changing new hormonal acne drug

Clascoterone cream 1%, sold as Winlevi®, is an androgen antagonist and the first hormonal blocker that works for both men and women (12 and older). It's an exciting breakthrough in acne as a non-antibiotic treatment and is the first new class of topical acne drugs approved in nearly 40 years. Clascoterone has both anti-androgen and anti-inflammatory properties and is believed to work by blocking androgen receptors that are sensitive to hormones like testosterone and dihydrotestosterone. It has no systemic side effects. Clascoterone also can be used in conjunction with retinoids.

New retinoids

Retinoids are a mainstay of acne therapy because they help exfoliate the skin. This continual turnover of skin cells helps keep the pores clear and reduces the chance of bacteria build-up. Retinoids also reduce inflammation. Among the newest retinoids is the first lotion formulation of tazarotene released this past year – Arazlo® 0.045%, which has great efficacy and is less

irritating with minimal or virtually no irritation. What differentiates Arazlo is that it combines moisturizing agents to hydrate the skin while treating acne, making it better tolerated by patients leading to greater compliance.

Trifarotene, sold as Akliel®, is the only topical retinoid that selectively targets the most common retinoid acid receptor — gamma. This medication was approved in October 2019 for people nine years and older and is the first new retinoic molecule to be approved in more than 20 years.

Sarecycline – a first-in-class new tetracycline

Tetracycline has been widely used since the 1970s, including two subsequent generations of this class of antibiotics. In 2018, the FDA approved sarecycline, a first-in-class tetracycline -derived oral antibiotic, the first new antibiotic designed for dermatologic use in 40 years. The study for this medication lowered the age at which tetracycline could be administered from 12 to nine. Sarecycline helps to calm down the inflammatory acne lesions and can be taken with or without food. It is also approved for use on the trunk. Sarecycline is a narrow-spectrum antibiotic designed to target the c. acnes and avoid other helpful bacteria. Patients typically see a reduction in lesions in as little as three weeks.

Minocycline foam – a new formulation of tetracycline

Approved in May 2020, minocycline, sold as Zilxi®, is a topical tetracycline foam formulation for the treatment of acne and rosacea. There is less concern about drug resistance with this product because it is not absorbed systemically. It has few side effects and causes less photosensitivity, vaginal yeast infections and dizziness than other forms of tetracycline.

On the horizon

Dermatologists are looking at the possibility of CBD products for use in acne as they have anti-inflammatory properties as well as more combination therapies.

Contour Dermatology Locations

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