

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Spring 2014

~ The Skinny Center at Contour Dermatology Offers Many Options for Fat Reduction ~

It's enough to undermine even your best-kept resolutions. Are you still troubled by pockets of body fat despite sticking to a healthy eating plan and regular exercise? Before getting too discouraged, consider one of the following methods for eliminating stubborn fat. With two new, non-invasive treatments, fat reduction is now a significant focus of our practice and we have established The Skinny Center at Contour Dermatology to help you achieve the body contour you desire.

Freeze it Away

CoolSculpting is generating a lot of buzz these days. This revolutionary new body contouring treatment can reduce approximately 25% of body fat (average is 23.2%) in just one 1-hour session. It's not a weight-loss solution, but if you're relatively fit and your height and weight are proportionate, chances are CoolSculpting will effectively eliminate so-called "love handles" or "muffin tops" when no amount of sit-ups or portion control can. A personal consultation will determine if it's right for you.

CoolSculpting is based upon the research of two Harvard scientists who observed that cold could be applied non-invasively to remove fat. A device delivering vacuum pressure is positioned on the problem area. Bulges are drawn up between two cooling panels and fat cells underneath the skin



are then cooled to temperatures that trigger their natural demise. Surrounding tissue and muscle are not affected. This FDA-cleared and patented procedure does not require anesthesia. No knives, needles or suction hoses are involved either. It's the first and only FDA-cleared technology to reduce fat using cold.

You can read or simply relax during your CoolSculpting session. At its conclusion, you can resume your day with no downtime. In following weeks your body will begin to naturally eliminate the dead fat cells. In their absence, the remaining cells will condense resulting in an overall reduction of fat layers. CoolSculpting has been shown to be effective at reducing fat in the abdomen and flanks. Furthermore, results are lasting!

Laser it Away

Maybe your goal is to lose not only inches, but also reduce cellulite. In that case, the new VelaShape III™ by Syneron Medical, available exclusively in the desert at The Laser Center at Contour Dermatology, could be the key. This leading FDA-cleared non-invasive treatment uses a combination of bipolar radiofrequency, infrared light, suction and mechanical massage. It increases metabolism in the fat cells and lymphatic drainage which in turn results in circumferential reduction as well as smoother skin for improved cellulite appearance.

(Continued on page 2)

~ The Skinny Center at Contour Dermatology Offers Many Options for Fat Reduction (con't. from page 1) ~

Does a warm, deep tissue massage sound good? That's the sensation you'll experience once the VelaShape III applicator is gently applied to problem areas. Typically, four to six treatments are recommended although patients may determine individually when they are satisfied with results. It typically takes about 20 to 60 minutes per area, depending on the area treated. Treatments are usually spaced a week apart. In a U.S. multi-center clinical study of VelaShape III, the average circumferential reduction among 42 patients receiving a single treatment on the abdominal region was a loss of 2.6 cm at a 10-week assessment.

For individuals who are troubled by cellulite or for those who only need to lose a few inches, the VelaShape III may be the complete solution to their body sculpting desires. It works on stubborn fat deposits and unsightly cellulite - problem sites that linger despite your best efforts. The VelaShape III laser is also an excellent complement for liposuction patients following that procedure to help tighten and smooth the skin.

Tumescent Liposuction - Is it for you?

Tumescent liposuction can remove fat from various areas of the body including the abdomen, buttocks, hips, thighs, upper arms, neckline and under-chin region. It's not intended as a weight loss technique, but if you have stubborn protrusions of fat in specific areas that don't respond to diet or exercise and are

generally less than 30 pounds overweight, it may be an appropriate body sculpting option.

Sometimes referred to as liposculpture, tumescent liposuction differs considerably from conventional liposuction in that it's safer and less traumatizing to the body. Because it employs miniaturized instruments for extraction and requires only local anesthetic, bruising is vastly reduced. There's also minimal blood loss experienced as well as decreased pain both during and after the procedure. Furthermore, a much more refined result is possible than with conventional liposuction. Since a patient can stand or kneel during tumescent liposuction, the figure can be sculpted more evenly and skillfully to create a superior result.

The average length of the procedure is about an hour per area and patients can expect to resume most normal activities within a week. Tumescent liposuction removes fat cells permanently. With weight gain, new fat will generally not return to treated areas. If patients stick to a proper diet and exercise plan, their reward is an improved appearance and self-esteem that will last a lifetime.

Focus on Fat Removal

Let 2014 be the year you finally say good-bye to troublesome fatty deposits. Schedule a consultation today to determine which approach is right for you.

VelaShape III - Abdomen Region and Hips

Before 4 Weeks After, 1 Treatment
(After: -3.5 cm waist, -4.0 cm abdomen, -0.5 cm hips)

CoolSculpting - "Muffin Tops"

Before

8 Weeks After
(No weight change)

Tumescent Liposuction - Under Chin

Before After

Procedure by Bruce Van Natta, M.D.

The image is a collage of before and after photographs. The top left shows two side-view photos of a woman's waist and hips, labeled 'Before' and '4 Weeks After, 1 Treatment' with a list of measurements: '-3.5 cm waist, -4.0 cm abdomen, -0.5 cm hips'. The top right shows two front-view photos of a woman's midsection, labeled 'Before' and '8 Weeks After (No weight change)'. The bottom left shows two profile photos of a woman's face, labeled 'Before' and 'After', showing a reduction in the under-chin area. A vertical credit line on the right side of the collage reads 'Procedure by Bruce Van Natta, M.D.'.

~ Jeniveve Reichert Loses Fat, Gains Confidence with Tumescent Liposuction ~

"I did it to try to get rid of that little bit of fat that was on my sides and I had a trouble spot on my upper abdomen," said Jeniveve Reichert, 32



of Palm Springs, of her tumescent liposuction procedure by Dr. Timothy Jochen.

Several months before her procedure, she signed up for a bootcamp, but the results it yielded

were only in physical strength; it didn't touch the fat. She also tried working out in a gym, but as an outdoor personality, this bored her.

After spending the money on a bootcamp, she thought, "We'll, if I would have spent just a little bit more, I could have had liposuction and seen results."



Treatment of abdomen area with Tumescent Liposuction.

Jeniveve found Contour Dermatology online through Facebook and began getting to know the practice. "I had been Googling and looking around. I wasn't necessarily looking for lipo, it was just a thought in the back of my mind."

Then Contour Dermatology had a special on liposuction this past summer and she thought why not? "It's something I wanted to do for myself. I wanted to flatten out my stomach and lose the love handles." After telling her boyfriend of her decision, he said "You don't really need it." But after the procedure, she said she could tell how he looked at her, he was pleased with the results.

"This was my first experience with Contour Dermatology and it was a great experience," Jeniveve said. "Everyone was really nice. Dr. Jochen – from the moment I met him – he's extremely friendly and you feel comfortable as soon as you meet him. He has a great energy,

great smile and he really explains things to you," she said. "It put me at ease that he would do what was best for me. It wasn't just a procedure – he was there to help me get the results I wanted."

"I could see the results immediately," she said. "The scale didn't look any different, but my clothes fit differently. My waist is smaller and my pant size changed – I went down one size from an 8 to a 6," she said.

"It gave me momentum and I felt like I could benefit more from my workouts now."

In her follow up appointment with Dr. Jochen, Jeniveve said her appreciation of the results was confirmed by his excitement. "He said, "Wow, you look great - you're bikini ready."

Inspired, she went out and bought a bikini and not just any bikini. "I bought a \$200 Trina Turk bikini! It's an orange and turquoise pattern – it's a real stand out. I would never have bought that before, but I thought, 'I'm going to show it off.'"

Instead of the gym, Jeniveve now maintains the results from liposuction by doing the outdoor things she loves - running, hiking and horse-back riding.

"How we look at ourselves in the mirror does affect how we act outside," she said. "After the lipo surgery, I felt confident." This past fall, Jeniveve even had the courage to go on a 9-mile hike by herself from the Palm Springs Aerial Tram Station to Humber Park in Idyllwild.

For Jeniveve, the liposuction procedure removed more than fat. "Depending on your problem area, she said, "It takes away any insecurity you have."

~ Meet Nurse Practitioner Jessica Neal, FNP ~

Nurse Practitioner Jessica Neal joined Contour Dermatology this past fall. She comes to Contour Dermatology following completion of her Family Nurse Practitioner credential and two years as an Emergency Room Nurse at Pomona Valley Medical Center in Pomona, California.

A native of Mount Vernon, Washington – just an hour north of Seattle – Jessica continued her undergraduate education in Washington State earning her Bachelor's degree in Exercise and Sports Science at Western Washington University in Bellingham.

After earning her Bachelor's, she knew she wanted to go into nursing, but Western Washington University didn't offer that program. So, she and her husband, Chris, moved to California to attend the same school – Western University Health Sciences in Pomona where Jessica earned her RN degree, Master's in Nursing and her Family Nurse Practitioner's degree (FNP). Chris studied physical therapy and now works with Rancho Physical Therapy in Palm Desert.

Jessica was first introduced to Contour Dermatology as a student during a specialty rotation her last year in school and she spent a month at Contour this past summer. A cheerful and friendly personality, Jessica was an immediate fit with the dynamic Contour team and she was offered the opportunity to officially join the team after graduation and receipt of her nurse practitioner's license.

"The team at Contour is so amazing. I really feel at home here," she said. "From the moment I came here as a student, everyone has been very friendly, helpful and encouraging. I did several rotations in school and the camaraderie at Contour is not something you find everywhere. The patients are amazing as well and I am enjoying getting to know them."



At Contour Dermatology, Jessica provides a variety of patient care services including performing CoolSculpting non-surgical fat reduction treatments, providing health and exercise counseling and assisting Dr. Jochen with suture closes for Mohs surgery and mini facelift procedures.

"Dermatology is just the perfect combination of art and medicine," she said. "I have always been interested in dermatology and facial products," said Jessica. "I had skin problems when I was younger. I love reading product reviews in magazines and I am always trying new treatments for my own skin. So, naturally, I fell into dermatology."

Jessica is a member of the American Academy of Nurse Practitioners and the Dermatology Nurses' Association.

Jessica and her husband, Chris, live in Palm Desert with their cat and dog. As her fit and trim physique might reveal - Jessica is totally into fitness. In her leisure time, she enjoys doing cross-fit workouts, yoga and hiking.

Contour Dermatology is

now OPEN SUNDAYS

Enjoy a relaxing cosmetic treatment on your day off!

CONTOUR
DERMATOLOGY
Contour Your Life

Especially for those of you with busy work schedules, it can be hard to find time to take care of yourself! **Contour Dermatology now offers additional weekend hours** for your convenience as we now accept appointments on Sundays in addition to Saturdays. If a weekend appointment would better suit your schedule, please give us a call and **we'll do what we can to accommodate your request.**

~ Contour Acquires GentleYAG Pro-U Laser Safe and Effective for Laser Hair Removal for Darker Skin ~

Contour Dermatology is committed to expanding patient care with the latest in laser advancements on the market today. Recently we added the GentleYAG Pro-U to our repertoire. It offers unmatched treatment capabilities in permanent hair reduction for everyone. Whether your skin is fair, dark or tan, the GentleYAG laser can eliminate the need to shave, tweeze or wax ever again.

Have you been seeking a relatively painless way to permanently remove unwanted hair? Perhaps there are some especially hairy areas you'd like to clear. Or maybe the convenience of being able to skip shaving underarms, legs, bikini region and other areas sounds appealing. The GentleYAG laser offers fast treatment with fewer laser pulses. And whereas it used to be that laser hair removal results varied from patient to patient depending on skin and hair color, remember this isn't the case with the GentleYAG. It's successful at removing hair regardless of differences in skin and hair color.

After an initial consultation, Contour will develop a specific treatment plan to meet your overall hair reduction goals. Because hair grows in cycles and laser hair removal is effective on hair follicles only in the early stages of growth, a series of treatments is necessary. Typically a minimum of five treatments is recommended depending on the designated area and they're spaced approximately four to six weeks apart. To help prompt your decision making, we're pleased to offer some very attractive package deals for laser hair removal.

The GentleYAG's versatility is what drew Contour Dermatology to acquire this cutting-edge technology in the first place. However, it's just a small representation of Contour Dermatology's extensive laser technology. We're proud to offer

the most comprehensive array of cosmetic lasers in the desert and quite possibly in all of Southern California. As further proof of our belief in and commitment to advances in laser technology, the new building on our Rancho Mirage campus is known as The Laser Center at Contour Dermatology.

Dr. Timothy Jochen's approach has always been to purchase the best equipment for each niche treatment. Whereas some dermatology practices will buy one laser and use it for multiple treatments, Dr. Jochen has always made sure to buy the best laser on the market for laser hair removal, the best laser available for treating redness,

the best laser for skin resurfacing and so forth. At Contour Dermatology you can rest assured if laser treatment has been recommended to treat your particular condition, the very best and most appropriate technology will definitely be at hand.

Whatever your concern - be it hair removal, an even skin tone, addressing bumps or scars, erasing unattractive veins, or skin rejuvenation - put your faith in The Laser Center at Contour Dermatology. Our individualized approach and extensive array of constantly updated laser technology means a solution is a mere phone call away.



~ Cheek Augmentation - The Ins and Outs ~



Timothy M. Jochen, M.D

Fat loss is usually something to celebrate except when it contributes to a pronounced thinning in the cheeks and cheekbone area. Full, defined cheeks are a sign of youth and beauty. When weight loss or the natural aging process cause the face to lose fat, cheeks can become flat and saggy giving way to an unflattering sunken-in look.

Kind of a conundrum, isn't it? You finally achieve your optimum weight yet it reflects poorly on your face. Or maybe you're resigned to the idea that thinning cheeks are the result of advancing years and nothing can be done. There are several treatments - surgical and non-surgical - that focus on restoring plumpness, volume and definition to the midface region. It is possible to recreate youthful contours.

Fillers and Injectables

No longer just for wrinkles, new uses for fillers and injectables continue to be discovered. One of the more popular uses for fillers is cheek revolumization. Both hyaluronic acid injectables and collagen-stimulating fillers restore definition. Perlane, Radiesse or Sculptra, for example, can all be used to resculpt cheeks and build volume.

At Contour Dermatology, we're particularly excited about Juvéderm Voluma XC, a filler developed specifically for mid-face volumizing. Brought to you by Allergan, the same people behind Botox and Juvéderm, it recently received final FDA approval making Juvéderm Voluma XC the first and only dermal filler in the United States specifically designated for cheek augmentation.

Juvéderm Voluma XC has been used safely and effectively for years outside the United States. It's made of hyaluronic acid, but unlike its peers, the molecules in Voluma's composition are more tightly bound making it firmer and able to provide increased volume. Here's even better news! Clinical studies show most patients realize an improvement in cheek fullness lasting up to two years with Voluma. It's a marked improvement over other dermal filler products whose effects begin to wane at six months. Voluma is also a safer and more flexible option than cheek implants.

Fat Grafting and Transfer

Fuller, plumper cheeks can also be achieved by having fat taken from another part of the body (like your hips or buttocks) and having it transferred to your face. This treatment involves two-steps - a liposuction-like step known as fat



Before



After Juvéderm Voluma XC

grafting to harvest the necessary fat; and two, having the fat re-injected into desired areas in what is known as the transfer phase of the process. With fat transfer, there is some reabsorption of the injected fat, but fat that does take can offer permanent results. It is an excellent option for select patients.

Cheek Implants

Although not a service Contour Dermatology offers, surgical placement of silicone implants is another method for restoring youthfulness. Facial implants vary widely in shape and style and might work for someone who wants to add a lot of volume versus a slight increase. While the risk of complications from cheek implant surgery is low, certain problems can develop. Just as with breast implant surgery, infection and implant migration can occur which could prompt removal.

Discover how restoring midface volume can recapture and maintain your youthful appearance. Ask us about the wonders of Juvéderm Voluma XC - we'll be happy to explain!

Contour Dermatology Locations

Rancho Mirage
Palm Springs
Santa Monica

42-600 Mirage Road
1180 North Indian Canyon Drive
1260 15th Street

Building A-1
Suite E-419
Suite 917

760-416-6971
760-416-6971
310-817-2662

888-977-SKIN