

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Spring 2011

~ CONTOUR'S TOP 10 PROCEDURES~

Especially as we are celebrating our 10th anniversary this year, we wanted to spotlight our Top 10 procedures. Please know that it's whatever you need to have done or addressed that is our top goal at the moment, however, we thought you might like to see overall what our patients are finding valuable for rejuvenation. If you haven't entered our Be a 10 in 2011, you can register for your chance to win one of 10 procedures we are giving away in 2011 at www.contourderm.com.

Restylane® & Perlane® - This pair of complementary facial fillers adds volume to restore a more youthful appearance. Restylane is for fine lines, Perlane is for deeper wrinkles. Lasts up to six months.

Botox® - Now considered a staple in cosmetic dermatology, this purified protein relaxes frown lines and softens crow's feet. It lasts about four months.

Tumescent Liposuction - Dr. Jochen has done thousands of these procedures. It's great for any problem fatty areas like abdomen, hips, thighs, buttocks, arms, under the chin and more. Permanent results with proper maintenance.

Hair Transplant Surgery - Dr. Jochen is an expert in follicular unit transplantation. He can help you achieve a natural look by restoring a receding hairline or adding density to a thinning crown. Permanent procedure done under local anesthesia.

Blepharoplasty - One of Dr.'s favorite surgeries to perform, this is a quick and simple procedure with dramatic results. It eliminates excess sagging skin on the upper eyelid which makes you look tired and removes puffy "bags" below the eye.

Fractional CO₂ Laser - Perhaps the most comprehensive laser treatment we offer. It corrects medium to fine lines, uneven skin tone and sun damage and causes the skin to respond by creating new collagen.

Dysport® - Similar to Botox®, some patients prefer this product and find it lasts a bit longer. The only way to know for sure is to try it.

Radiesse® - This semi-permanent facial filler is great for restoring volume with results lasting up to two years!

IPL™ FotoFacial™ - One of our most popular laser treatments and with good reason. There's no downtime and it significantly reduces sun damage and brightens your complexion. A series of treatments is needed.

Mini Facelift - the newest among our arsenal of youth-restoring options, this surgical procedure tightens the laxity in the lower part of the face. Best of all, it is performed with local anesthesia.

(Continued on page 2)



~ 50 Has Never Looked Better! ~



MiShell Modern just celebrated her 50th birthday on April 30. In fact, you might say, 50 has never looked better. And get this – MiShell does not wear any foundation. Even strangers have noticed her beautiful complexion and come

up to her and asked what kind of makeup she uses. “I just smile and I tell them, Dr. Jochen,” she says.

“I was the most sun-worshipping person in the world,” MiShell describes about her earlier years. “I was so dark all the time, people could hardly tell I was white. Then I saw that first line creep up.”

A former model, she decided to have CO₂ laser around her eyes in February 2005 to keep the crow’s feet at bay. Impressed with the results, she followed that a month later with a series of IPL treatments and the path to rejuvenation has continued.

Initially, MiShell came to Contour Dermatology in 2001, when she was searching for a dermatologist for her father. Dr. Jochen performed Mohs surgery to remove skin cancer on his face. “Dr. Jochen and I just hit it off,” she states. She later took her son, Matthew, in for some skin checks. Then, finally in 2005, in her mid-40s, she decided to do something for herself. This is also the year that MiShell discovered Botox® at a Day of Beauty event. “I love the stuff,” she says.

(Continued from page 1)

~ UPCOMING SEMINAR ~

Mark your calendars now and plan to attend a special presentation on our Top 10! This informative seminar will be held Friday, June 24 from 5 to 7 p.m. at our Rancho Mirage office. Dr. Jochen, Elaine Woo-Gallagher, NP-C and Kara Crane, NP-C will go into detail about our most popular procedures and answer any questions you have.

MiShell and her husband, Jay Nailor, opened M Modern Gallery in Palm Springs in 2003. They also have a second modern gallery – SHAG the store. With countless art exhibition openings, MiShell found herself back in front of the camera and this got her thinking about maintaining her skin.

“Dr. Jochen is like an artist. That’s what I love about him. He doesn’t over do anything. He always keeps a natural and refreshed look,” comments MiShell.

In 2006, she added Juvéderm® treatments to her regime to maintain youthful facial volume. In 2007 she had a TCA peel. In 2009 she had a fractional laser treatment on her entire face and more recently, she has had a few ReFirme laser treatments for non-surgical skin tightening. Now MiShell just maintains her rejuvenated skin with Botox® and Juvéderm® along with several key skin care products including Obagi® Foaming Gel Cleanser, Skin Medica® TNS Ultimate Daily Moisturizer with SPF 20, Obagi® SPF 35 sunscreen, and Obagi® Tretinoin. She also uses Latisse® every night to enhance her lashes. “Dr. Jochen finally got me to try Retin-A and I wish I had begun using it earlier. I noticed a difference right away,” she says.

Today, MiShell has traded her excessive sunbathing for bathing in sunscreen, wearing a hat and she even carries an umbrella now when walking the dog. Her philosophy on beauty and aging is to maintain and protect. “As long as I do this, I can extend the life of my skin without having to do anything major for a while.”

Happy Birthday MiShell – you are the new, fabulous face of 50 and an inspiration to many!

We’ll also have some patients on hand who have undergone several procedures who will share their experiences. Cocktails and hors d’oeuvres will be served. Cost is \$15 per person. Proceeds benefit the Children’s Discovery Museum of the Desert.

Reservations required. RSVP (760) 416-6971.

You're Invited

Day of Beauty

Beach Party Theme
Saturday, June 4, 2011
10 a.m. to 4 p.m.

Bring a friend and enjoy a fun day with great specials, food, games and prize drawings.

Reservations Required.

RSVP: 760-416-6971 • contourderm.com

Event held at our Rancho Mirage Office at 42-600 Mirage Road.

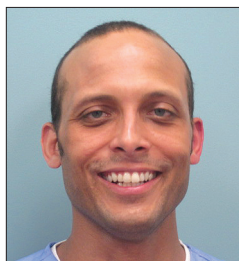


PROCEDURES	SPECIAL PRICE	REGULAR PRICE
Botox®	\$9 per unit	\$10 per unit
Dysport®	\$3 per unit	\$3.33 per unit
Restylane®	\$325 per syringe*	\$500 per syringe
Perlane®	\$335 per syringe**	\$525 per syringe
Laser Hair Removal - Upper Lip, Chin & Underarms	\$79 per area	\$99 per area
Laser Hair Removal - Bikini/Brazilian	\$199 per area	\$340 per area
Total FX™ Fractional CO ₂ Laser	\$750 per area	\$999 per area
Fraxel® Laser	\$450	\$500
IPL™ Foto Facial™	\$299	\$399
Juvederm®	\$375 per syringe	\$500 per syringe
Sculptra®	\$575 per vial (3 vials for \$1,500)	\$700 per vial
Radiesse®	\$525 per syringe	\$600 per syringe
BetaLift Peel	\$50	\$90
Re-Vitalize Peel™	\$85	\$125
TCA Peel	\$300	\$499
Green Tea Infused Vibradermabrasion	\$50 face only	\$125 face only
Custom Facials (by Aesthetician)	\$75	\$125
VelaShape II™ Laser (by Aesthetician)	\$99	\$149

Plus 20% off all Skin Care Products.

* After \$50 mail-in rebate. Minimum two syringes. • ** After \$65 mail-in rebate.

~ Welcome Andre Martin, RN ~



Andre Martin, RN is a familiar face to Contour Dermatology. Previously he worked at Contour as a Medical Assistant in 2008-09. Now, having graduated with a degree in

nursing from College of the Desert, he has returned to the practice to work as a laser/cosmetic nurse two to three days a week.

A native of the Seattle area, Andre graduated with a dual Bachelor's of Science in Kinesiology and Pre-Physical Therapy from Western

Washington University. After college, he worked for several physical therapy clinics in Arizona and the Palm Springs area before deciding to go back to school for his RN degree.

"My grandma and mom are both nurses and my uncle is a dentist, so perhaps I was genetically predisposed to the medical field," states Andre. "I really like what cosmetic dermatology has to offer," he says. "I like to do new things. People are here because they want to be and it's great to be able to give them results they can see. It's just amazing what these lasers and injectables can do."

When he's not at Contour, Andre enjoys just hanging out with friends, hiking and traveling.

~ Contour 10th Anniversary Celebration & Rancho Mirage Office Grand Opening April 29, 2011 ~

It was a glamorous, fun and festive evening celebrating Contour Dermatology's 10th anniversary as well a chance for patients and physicians to tour the new offices. Here are a few photos from the event.

The Contour Dermatology Team celebrates in style!



La Rue Cole, Contour Cosmetic Consultant and Joey Lizotte of Artisan Events



KMR-6 News Anchor Elizabeth Beaubien and Dr. Timothy Jochen



Bruce and Lynne Bushore.
Bruce served as the project manager for Contour's new building.



Dr. Timothy Jochen with Dr. Kimberley Yang and Dr. Erik Palmer of Desert Family Medical Center



David and Michaelen Prest and their daughter, Mollory Prest (left).
David Prest of Prest Vuksic was the architect for the new Rancho Mirage building.



Beverly and Jim Moriarty



Linda and Steve Lake



Dave Anderson and Shannon Monroe (of Medicis)



(L-R) Robert Donovan, of Allergan, Tiffany Swain, receptionist, Anne Marie Johnson, aesthetician & Keturah Trevor, receptionist

~ Congratulations to Elaine Woo-Gallagher, NP-C ~



Nurse Practitioner Elaine Woo-Gallagher and her husband, Kevin Gallagher, recently celebrated the birth of a new son, Joshua. They now have a full house with brother Jacob who's almost 4, and sister Katelyn, 2.



Joshua Ka Jun Gallagher
Born March 22, 2011
7 lbs 9 oz, 20 inches



~ Spotlight on Our Physician–Selected Skin Care Products ~

Contour Dermatology proudly offers a select group of skin care products available at our offices as well as online for your convenience. We primarily feature three skin care lines which have met our rigorous standards for their effectiveness including our own Contour Dermatology brand, Obagi®, and Skin Medica®. Below is an overview on these three lines, but with so many products, it is best to take advantage of our complimentary skin care consultations and meet with one of our experienced consultants who can help guide you in selecting products for a custom-tailored program to meet your individual skin care needs.

Product of the Week

Each week, we spotlight a different product, offered at a 15% discount, so either call the office, stop by, or check out our Facebook page at www.facebook.com/contourdermatology/ to find out about the Product of the Week!

Contour Dermatology Skin Care Line



This line is an affordable, comprehensive line with many products, several of which are great for those with acne or acne-prone skin. You'll also find anti-aging products as well as excellent moisturizers and sunscreens. Active ingredients range from glycolic acid, 5% Benzoyl peroxide to retinol, green tea and other antioxidants.

Antioxidant Serum
Acne Treatment Gel
Antioxidant Cleansing Pads
Fortified Green Tea Cleanser
Green Tea Exfoliating Scrub
15% Glycolic Facial Cream
Post Treatment Recovery Dressing
Ultra Lite Facial Cream
Oil-Free Sunscreen SPF 30
Gly/Sal 2-2 Toning Pads
5x Retinol Smoothing Serum
Cell Repair Therapy
Barrier Repair
Eye Infusion Therapy

OBAGI®



Obagi makes it easy to follow their NuDerm system as products are numbered 1-6. They

also offer specific products for the delicate eye area, décolletage area, along with products containing Retin-A. For those managing Rosacea, they offer two excellent products to help with this condition.

Obagi Nu-Derm Foaming Gel
Obagi Nu-Derm Toner
Obagi Nu-Derm Clear (RX required)
Obagi Nu-Derm Exfoderm
Obagi Nu-Derm Exfoderm Forte
Obagi Nu-Derm Blender
Obagi Nu-Derm Sunfader (RX required)
Obagi Nu-Derm Healthy Skin Protection SPF 35
Obagi Elastiderm Eye Treatment Cream
Obagi Elastiderm Eye Treatment Gel
Obagi Therapeutic Moisturizer
Obagi System Professional C-Serum
Obagi Medical Rosaclear™ System (RX required)
Obagi Medical Rosaclear™ System Sun Protection SPF 30
Obagi Elastiderm Décolletage System
(Wrinkle Reducing Lotion)
Obagi Elastiderm Décolletage System Kit
Obagi Refissa
Obagi Tretinoin

SKIN MEDICA®

Skin Medica has an amazing scientific research department and they have developed some of the best anti-aging products available with exclusive formulas containing Nou-ricelMD®, a patented blend of growth factors, soluble collagen, antioxidants and matrix proteins.



TNS Essential Serum
TNS Eye Repair
Hydrating Complex
Uplifting Eye Serum
Vitamin C & E Complex
Illuminating Eye Serum
TNS LipPlump System
TNS Recovery Complex
Tri-Retinol Complex ES™
Retinol Complex
15% AHA/BHA Cream
Dermal Repair Cream
TNS Line Refine™
Sensitive Skin Cleanser
Ablative Post Procedure Kit
Environmental Defense Sunscreen SPF 50+

~ Be Sun Smart ~



Timothy M. Jochen, M.D. Many people think they are impervious to the sun's penetrating rays. As a physician who has treated thousands of patients with skin cancer, I know that none of us is exempt from this possibility. According to The Skin Cancer Foundation, one in five Americans will develop skin cancer in their lifetime.

Skin Cancer is the most common form of cancer accounting for more than all other cancers combined. There are more than 3.5 million new cases of skin cancer diagnosed in over 2 million people each year in the United States. The most common type of skin cancer is basal cell carcinoma. This type can be treated very effectively with Mohs surgery – a procedure that delicately removes only one layer of skin at a time, checking by microscope until the cancer is cleared.

Malignant melanoma, the most serious form of skin cancer, accounts for just five percent of skin cancers, but leads to 75 percent of deaths from the disease. Melanoma can occur anywhere, but is most common on the upper back, torso, lower legs, head and neck. It can also develop on other parts of the body such as the mouth, eye and inside of the nose and in these areas, it is called "hidden melanoma."

Besides the threat of skin cancer, there are also plenty of cosmetic reasons to protect yourself. Here are a few tips to remember.

AVOID

When possible, avoid direct sun exposure during

the hottest part of the day – 10 a.m. to 4 p.m. Seek shade when that's not possible.

APPLY

Get in the daily habit of applying sunscreen with at least SPF 30 and make sure it's a broad-spectrum sunscreen to protect from UVA (the kind that make you age) and UVB (the kind that make you burn) rays. Reapply every two hours or after swimming or sweating.

AREAS

Don't just put sunscreen on your face. Make sure you cover all the bases! And don't forget your lips, your ears, the back of your neck, the tops of your feet and your hands.



HATS, SUNGLASSES & CLOTHING

Hats are great for protecting your scalp and if you choose a broad brimmed hat, you'll also provide additional protection for your face. Wear sunglasses to protect your eyes. Wearing long-sleeves or the new SPF clothing can also be helpful in shielding your skin.

SELF-TANNERS

A tan is simply the body's response to too much sun. The safest way to tan is to use a self-tanning lotion which will give you that healthy glow without any harmful radiation. Please avoid tanning beds. They emit UV radiation and there is a reason there have been government issued warnings about them.

CHECK

Check your body monthly and learn key things to look for, noting any changes in mole size, color or shape. Also schedule an annual skin screening with me or one of our nurse practitioners. Consistent screenings lead to early detection and early treatment saves lives.

Contour Dermatology Locations

Palm Springs

555 E. Tachevah Drive
Suite 2E-106

Rancho Mirage

42-600 Mirage Road,
Building A-1

Newport Beach

1401 Avocado Avenue,
Suite 605

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