

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Winter 2012

~We're Moving! ~ Contour Dermatology's New Palm Springs Office Conveniently Located on Desert Regional Medical Center Campus

It's both exciting and bittersweet to be leaving the very first location where Contour Dermatology began in the desert in 2001. Over the past few weeks, we've been busy preparing for the move and putting the finishing touches on our new place.



"For some time now, we've been searching for a new Palm Springs location to best serve our patients. With the tremendous number of physician referrals Contour receives

each week, it's also really great to be right on the hospital campus among the company of our respected medical colleagues," said Dr. Jochen.

Effective mid-March 2012, the Palm Springs office will no longer be at 555 East Tachevah. Our new office is just around the corner – conveniently located on the Desert Regional Medical Center campus in the El Mirador Medical Plaza at 1180 North Indian Canyon Drive, Suite E-419.

The new office features five exam rooms, a comfortable lobby with beautiful décor, complimentary WiFi and better access to parking and covered parking at that! The hospital also offers complimentary valet parking for those who want to take advantage of this service.

Having served the desert for more than 10 years now, Contour Dermatology has thousands of patients in the Palm Springs area. "We are grateful for our loyal following in this community," said Contour Dermatology Founder and Medical Director Dr. Timothy Jochen.

Last year marked the 10th anniversary of Contour Dermatology as well as the opening of the company's new building in Rancho Mirage. With the opening of this facility, patients began asking if Contour Dermatology was going to close the Palm Springs office. Dr. Jochen responded, "I hope this commitment of new space in Palm Springs assures this community how important Palm Springs is to us."

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ANNOUNCING

Exclusive Weekly Specials



ONLY ON FACEBOOK

Effective 2/20/12, people who **LIKE us on Facebook** will have access to **exclusive weekly specials** with **substantial savings** on cosmetic procedures, peels, facials and products.

~ Contour Dermatology Patients May Now Enter the “Twilight Zone” ~

Today, patients are fortunate to have many options when it comes to making their cosmetic procedures more comfortable. To make the slight snap of laser treatments more pleasant, Contour Dermatology offers numbing creams. For those who are anxious, relaxing sedatives such as Valium may be given and for pain Vicodin or Percocet. But for anesthesia, up until recently, the only option at Contour Dermatology was local anesthesia – either dental blocks or facial nerve blocks with lidocaine for facial procedures, or a tumescent solution of lidocaine and epinephrine for liposuction. Some patients may still prefer local anesthesia for their cosmetic surgical procedures, but for those who want a little something more, they may now choose conscious sedation, often called “Twilight Sedation.” You may be familiar with this type of sedation from the dental industry’s promotion of “sleep dentistry.”

For twilight sedation, a solution of Versed, an amnesia type sedative, and Fentanyl for pain are administered via IV and patients typically will sleep through the entire procedure, however, they are not unconscious and do not need to be intubated as with general anesthesia. While there are always risks with any sedation, twilight sedation avoids the greater risks associated with general anesthesia and it costs less as it does not involve an anesthesiologist.

Nurse Practitioner Kara Crane, a member of the American Association of Moderate Sedation Nurses, is the medical professional who administers the solution and monitors patients under twilight sedation at Contour Dermatology during Dr. Jochen’s procedures.

“Patients are in a kind of twilight state, but they don’t lose their protective reflexes,” explains Crane. “Everyone has a different response to anesthesia. Some people will drift off to sleep, but others continue to be relaxed, but talkative throughout the procedure; yet most have little memory of the procedure afterward.”

Contour Dermatology voluntarily applied for certification through the American Association for Accreditation of Ambulatory Surgical Facilities (AAAASF). As part of this designation, Contour Dermatology is required to hold ongoing staff training sessions, various drills, adhere to strict cleanliness and medication logging procedures and have charts randomly reviewed every few months by the AAAASF.

“We want to be practicing at the highest standards,” states Crane.

Among the cosmetic surgery procedures for which patients may consider having twilight sedation at Contour Dermatology are: mini facelift, blepharoplasty (eyelid surgery), hair transplants, tumescent liposuction, and some may even prefer to be sedated for a full face laser CO₂ resurfacing treatment.

It all comes down to patient preference and level of comfort. To be a candidate for twilight sedation, patients must be in generally good health. Be sure to ask about your options when you schedule your complimentary consultation for any cosmetic procedure.



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~ We’re Moving! ~

Contour Dermatology’s medical team currently includes four medical providers. Besides Dr. Jochen, there are two nurse practitioners – Elaine Woogallagher, NP-C and Kara Crane, NP-C, along with registered nurse and laser specialist Andre Martin, RN. Typically the days Dr. Jochen is in Palm

Springs, one of the nurse practitioners sees patients in Rancho Mirage and vice versa. In addition to the two Coachella Valley offices, Contour Dermatology also has offices in Newport Beach near Fashion Island and in Santa Monica near UCLA.

~ The Art of Fulfillment ~

Benefiting Relay for Life of American Cancer Society



Thursday, March 22 • 5 to 7 p.m.

Speakers: Timothy Jochen, M.D.

Elaine Woo-Gallagher, N.P.-C.

Contour is one of the top injectors of fillers in the nation.

Topics: ~ Discover what dermal fillers can do for you.

~ Which fillers last longest?

~ Which fillers are best for which area?

~ Besides the face, where else are fillers helpful?

~ Watch live filler procedure!

Cost: \$15 per person (Proceeds benefit Relay for Life.)

Attendees will receive a \$125 gift certificate for a ReVitalize Peel. Refreshments served.

Reservations required. RSVP to (760) 416-6971.

Lucky You!

You're Invited
Day of Beauty
Saturday, March 3, 2012
10 a.m. to 4 p.m.
Food • Fun • Prizes

You'll be the lucky one when you attend this jackpot event!
Enjoy fabulous deals and fun "gaming tables" for chances to win great giveaways. We're betting you'll have a great time. Bring a friend and enjoy a day of pampering.

Reservations Required.
RSVP: 760-416-6971

Event held at our Rancho Mirage Office at 42-600 Mirage Road. contourderm.com • f Like us on Facebook.

PROCEDURES

SPECIAL PRICE

REGULAR PRICE

Botox®	\$9 per unit	\$10 per unit
Dysport® (Plus \$50 mail-in rebate)	\$3 per unit	\$3.33 per unit
Restylane®	\$335 per syringe*	\$500 per syringe
Perlane®	\$350 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

* After mail-in rebate (minimum of 2 syringes) of \$40 per syringe.

** After mail-in rebate of \$50 per syringe.

Plus all skin care products are 20% off this day!

Prices effective this day only and are while supplies last. Some restrictions apply.

~ Staff Product Pick: May-Lissa Kanitz, MA Loves Latisse® ~



Featured Product:

Latisse®

Price: \$120 per kit

Back Officer Supervisor May-Lissa Kanitz, MA, has worked at Contour Dermatology since 2009. At just 23, this fair-complected beauty's focus is

on prevention. She uses a low dose of Retin-A (Renova® 0.02%) and the Obagi® product line 2-6.

"I have sensitive skin, says Kanitz, "So I only use the Obagi Exfoderm (for exfoliation) every other day." She also appreciates Obagi's Clear and Blender products which contain hydroquinone to lighten her persistent freckles. But her favorite product is Latisse by Allergan which she's been using for two years.

Of both Philippino and German descent, Kanitz

was born in Hawaii, but moved to the desert when she was just 2. She graduated from Vallejo Senior High School and earned her LVN degree from California Nurses Educational Institute in Cathedral City.

"I have Asian eye lashes and they're very short and hard to grow," says Kanitz. "I didn't have long lashes at all until I started using Latisse. I'd say they've doubled in size and in thickness as well."



"To notice results, it took about two months and then for ideal results, three to four months. Right now, my regimen is that I use it every other

day. I just want my lashes to stay full. At first, I had a little bit of redness on my eyelids, but within two weeks, that was all gone."

~ From Grub to Glam.... ~

The Contour Dermatology Team not only works together, they workout together at Desert Crossfit. This exciting method of fitness serves as a body-building exercise as well as a team-building exercise. The Contour Team also celebrates together. Below is a photo from the staff "White Christmas" party. Check out the familiar faces dressed to impress!



Front Row (L-R): May-Lissa Kanitz, MA and Back Office Supervisor, Yardená Trevino, Operations and Logistics Manager, Jessica Murdock, Front Office Supervisor, La Rue Cole, Cosmetic Consultant, Keinya Patrick (La Rue's daughter).

Back Row (L-R): Jose Lopez, MA, Dr Jochen, Lee Erwin, Executive Director, Lee Balmonite, MA, Laura Lowenstein, MA, Julio Esparza, MA, Andre Martin, RN and Christian Castillo, Front Office.



Front Row (L-R): Dr. Timothy Jochen, Yardená Trevino, Ben Rose and Lee Erwin.

Back Row (L-R): Jessica Murdock, Yessenia Romero, May-Lissa Kanitz, MA, Laura Lowenstein (far back), Marisol Leal, MA, Kara Crane, NP-C (far back), Tiffany Swain, Natalie Orozco, Linda Rosas, Claudia Cruz, Jose Lopez, MA, (far back), Linda Jessie, Lee Balmonite, MA, La Rue Cole and Elaine Woo-Gallagher, NP-C.

~ Step into the Light of Blue Light Therapy~

Two key groups of people will benefit from the new BLU-U Blue Light Photodynamic Therapy Illuminator Contour Dermatology recently added to its practice – those with pre-cancerous actinic keratoses and people with acne. Blue light therapy also has been shown to help patients with rosacea and sebaceous hyperplasia (enlarged sebaceous glands). While it does emit light, the blue light illuminator is not considered a laser. Lasers deliver light as coherent beams, while the BLU-U delivers incoherent light scattered over a larger area.

Blue Light Can Treat All Areas

"We can treat all areas of the body with the blue light – hands, arms, legs, back, chest and scalp," says Contour Dermatology Aesthetician Anne Marie Johnson who received special training on this device from DUSA, the manufacturer, and is currently performing about a dozen blue light treatments per week.



Contour Dermatology Aesthetician Anne Marie Johnson prepares to give a blue light therapy treatment. Protective eyewear must be worn by both the provider and the patient.

Treatment of actinic keratoses (AK) patients also involves the addition of Levulan. This light-sensitizing agent is applied prior to therapy and the resulting photosensitivity does not wear off for two days. As regular sunscreen will not offer protection during this time, it is imperative patients stay out of direct sunlight for the first 48 hours – a minor inconvenience for the benefit of having a pre-cancerous lesion removed.

Treatment Takes Just 16:40

For AK patients, the actual blue light therapy itself is just 16 minutes and 40 seconds or less. An odd timeframe you might think, but this is the exact maximum amount of time that researchers have determined offers optimal results without damaging healthy tissue when Levulan is used. However, the entire patient visit does take longer as Levulan must incubate on the skin prior to the light therapy. Incubation time begins at one hour and varies depending on the body part being treated.

90% Cure Rate for AK Patients

"Levulan attaches only to damaged cells when the blue light is applied and those cells are then destroyed," explains Johnson. "For AK patients it usually takes two treatments and there is a 90 percent cure rate."

She also noted that blue light therapy not only gets rid of the precancerous portion of the skin, but also helps cosmetically to reduce scaly skin and anything that's associated as a side effect from a precancerous lesion.

"Blue light therapy is a welcome option for patients who cannot tolerate topical anti-cancer creams," says Johnson.

Blue Light for Acne Patients

"Blue light therapy helps reduce inflammation, strengthens sebaceous glands and it kills bacteria which is the primary cause of acne," states Johnson.

Patients with mild to moderate acne patients may experience blue light treatments directly without the addition of Levulan. Levulan may be considered for more severe acne. Patients will start to notice a difference within one to two days following treatment. For treatments without Levulan, no extra precautions are needed for sun protection beyond sunscreen.

Insurance Covers AK Blue Light Visits

The cost with Levulan is \$250 per session and treatment of actinic keratoses is typically covered by insurance. Acne treatment without Levulan is \$150 per session and the special student rate is \$100 per treatment. Acne patients will need several treatments to achieve results. Acne treatments may be as frequent as twice a week. For treatments with Levulan, the spacing is one month apart. To find out if blue light therapy could benefit you, please call the office at (760) 416-6971 to schedule a complimentary consultation with Anne Marie Johnson.

~ What to Eat for Healthy Skin ~



Timothy M. Jochen, M.D.

Eating a healthy balanced diet is something I am passionate about. You've heard it said, 'You are what you eat.' This is not only true of your body, but it's also reflected in your complexion. If you really want the glow of health, you need to address your skin from inside and out.

A few suggestions that are consistent among current research include incorporating more of the following into your diet:

Water: You may get tired of being reminded to drink water, but it's important. Water not only keeps you hydrated, it also flushes toxins out.

Green Tea: This polyphenol, antioxidant-rich beverage has anti-inflammatory properties and it is linked to protecting the skin from UV light, thus potentially reducing your risk for skin cancer.

Antioxidants: Think of antioxidants as soldiers going to battle daily to help you fight the war on aging. You might be surprised to know how many choices you have when it comes to incorporating antioxidants ranging from spices to foods. Check out this list of highly ranked antioxidants at this website: www.oracvalues.com. Scientists at the National Institutes of Health developed the ORAC score. ORAC stands for Oxygen Radical Absorbance Capacity. It is believed that foods higher on the ORAC scale will more effectively neutralize free radicals.

Among some of the best-known antioxidants are Vitamins A, C and E. Both taken internally and applied topically, these antioxidants are great for your skin. Vitamin C is essential for collagen

production. Vitamin A helps repair skin tissue and Vitamin E which helps to regulate Vitamin A, offers not only free-radical fighting ability, but also can reduce fine lines and wrinkles. Just make sure not to exceed recommended levels of Vitamins A and E.

Omega-3s: These essential fatty acids are abundant in flax seeds, walnuts, fish, some seafood, soybeans, kidney beans and winter squash among other food sources. They help keep your skin supple and smooth. As your body does not make these acids naturally, it only obtains omega-3s from your diet.



B-Vitamins: Biotin is important for maintaining overall skin health along with strong nails and healthy hair. Naturally, it's found in brewer's yeast, nutritional yeast, liver, cauliflower, salmon, bananas, carrots, egg yolks, sardines, legumes, and mushrooms. Another B vitamin, **Niacin**, helps your skin retain moisture, assists in detoxification and promotes better circulation.

Minerals: Three top skin healthy minerals to look for in your multivitamin, or better yet your diet, include: **Selenium** – helps to protect your skin from sun damage, **Copper** – aids in development of elastin, and **Zinc** –tames oil production.

What to avoid: If you have a skin condition like rosacea, eczema or acne, learn which foods exacerbate that condition and avoid them. If you suspect you have a food allergy, be sure to get tested.

I may not always do it perfectly, but I do recognize how important eating healthy is to your skin. I encourage you to eat wisely to enjoy good health and the radiance that comes from having healthy skin.

Contour Dermatology Locations

Palm Springs

1180 North Indian Canyon Drive
Suite E-419

Rancho Mirage

422-600 Mirage Road
Building A-1

Santa Monica

1260 15th Street
Suite 917

Newport Beach

1401 Avocado Avenue
Suite 605

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