

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Vol 1 Issue 1, 2020

~ Presenting Contour Dermatology's Latest Laser ~

The Lutronic Action II – Our First Erbium Laser with Many Applications

"We are excited to announce that Contour Dermatology now offers the Lutronic Action II Er: YAG Laser," said Dr. Timothy Jochen. "This is our first erbium laser. I wanted to bring it on board as it offers skin resurfacing treatments with no pain and little to no downtime."

This erbium laser is about midway between a CO₂ laser and the Fraxel laser. It offers many varied benefits including a brightening "Shining Peel," also called the "Hollywood Peel," as well as facial rejuvenation, lip tint rejuvenation and rejuvenation and tightening of vaginal tissue. Yes, you read that right. Contour Dermatology is now offering intimate female rejuvenation with the BellaV application of this laser. *Read more about that on page 2.*

Overall, the main benefits of the FDA-approved Lutronic Action II laser are lower risk of bruising, swelling and skin reddening. It also delivers results with a shorter downtime. This laser features several modes from normal pulse, long pulse and fractional to dual fractional. This is where our highly skilled laser nurses come in. They know exactly which indications will best suit each patient.

Get a Brighter Complexion and Luminous Skin with "Shining Peel"

Based on your individual consultation, a different type of peel you might consider is the Shining Peel application of this laser. It can produce a gentle micro-laser peeling which can reduce the appearance of larger pores, fine wrinkles and brighten your skin. This superficial level peel

penetrates the stratum corneum and the upper portion of the stratum spinosum to improve your complexion with little downtime, just some slight swelling and mild scaling.



Before

After

Facial and Skin Rejuvenation

Among the many skin conditions this laser excels in treating include pigment issues such as Lentiginos (brown spots), Seborrheic Keratosis, acne scars, surgical scars, photo damaged skin, large pores, skin laxity and overall skin tone. The dual fractional mode can also provide overall facial rejuvenation.



Before

After

Lip Tint Treatment

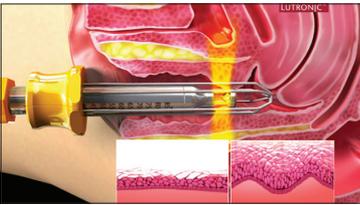
As we age, our lips can become dull and lose their youthful hue. Another problem with aging lips is wrinkles and flaking skin. In its dual fractional mode, this laser offers a special lip tint technique that can restore color to your lips – a short pulse micropeeling treatment. A longer pulse treatment also offers a deeper thermal treatment to improve wrinkles.

~ Lutronic Action II BellaV ~

Non-Surgical Vulvar and Vaginal Rejuvenation

It's very common, yet it's not something that people talk about at the water cooler. Multiple childbirths and aging can lead to relaxation of the vaginal muscles and contribute to incontinence. Vaginal laxity can also mean less sexual enjoyment. Other common complaints, especially among postmenopausal women, are dryness, itching, burning and painful sex due to vaginal atrophy. The medical term for painful intercourse is dyspareunia and it also can occur in younger women.

With the advances in medical technology, there has been an increase worldwide in women seeking treatment for vaginal restoration and currently more than 500,000 procedures are performed annually.



Lutronic, the manufacturer of the Action II Er:YAG laser which has the BellaV female intimate wellness application, is a leading-edge company that dedicates 20 percent of its profits to research and development. The company holds more than 130 current and pending patents worldwide. The Action II/BellaV is FDA approved for gynecology including treatment of vaginal relaxation syndrome (VRS) and stress urinary incontinence (SUI). Vaginal relaxation syndrome is both a physical and a psychological problem for women and often their partners.

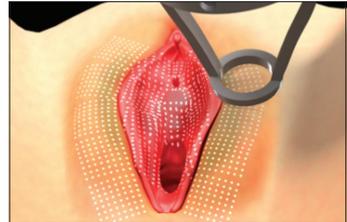
About 50 percent of post-menopausal women will be bothered by vaginal dryness. Another group of women this laser can help restore comfort and quality of life to is breast cancer survivors who experience vaginal dryness following radiation treatment.

Vaginal tightening used to only be able to be accomplished through surgery which requires about a month recovery period. With the BellaV laser treatment, patients only need to abstain from sexual intercourse for 24 hours following the treatment.

Placing a laser scope in a woman's most intimate

area might seem frightening. But the thermal temperature required to rejuvenate the tissue is not the same level of heat that is utilized to zap facial spider veins, for example. This laser treatment is painless. The Action II BellaV is a safe and non-surgical solution to recondition the vaginal tissue. There are two types of laser pulses which can be utilized depending on the desired treatment – controlled ablation with micropulses and longer pulses with a higher thermal effect to produce neo-collagenesis – non-ablative collagen remodeling.

The laser treatments take only about 15 minutes and are performed in a series of 3-5 sessions spaced about one to two weeks apart. Once the laser applicator is inserted, the patient is able to relax comfortably as the laser has 360-degree technology capability to reach the entire area. There is little to no risk of bleeding, pain or scarring and other than a 24-hour period, no downtime.



The BellaV can also improve cosmetic appearance such as reduce dark pigmentation of the vulva and tighten sagging labia skin.

Summary of Action II BellaV Benefits

- Treatment of urinary incontinence
- Vaginal tightening for increased sexual gratification
- Treatment of vaginal atrophy to reduce pain and dryness
- Reduce vulva pigment
- Reduce sagging labia skin

At Contour Dermatology, these treatments will be performed by our nurse practitioners. Laura Moroney, NP-C, who has worked as a labor delivery nurse, is especially excited about offering intimate female rejuvenation to our patients. Please schedule a private consultation to learn more.

~ The Perfect Laser for Many Vascular Conditions ~

Vbeam Perfecta Now Available at Contour La Quinta

Red is beautiful on a silky rose, but it stands out like a thorn on your skin. Most redness conditions are caused by vascular issues, the likes of which the Vbeam Perfecta is perfect to improve. The Vbeam Perfecta is the latest version of Candela's Vbeam laser and it is now available at Contour Dermatology's La Quinta office. This laser was recognized with Elle magazine's Elle Future of Beauty Award in 2019.



Before

After

"The Vbeam Perfecta is great for a whole slew of skin care issues," said Laura Moroney, NP-C. "This laser offers the opportunity to treat the lesion or discoloration with or without the result of purpura – the dark eggplant colored bruising that can occur with the regular Vbeam."



Before

After

"Purpura is not a bad thing," she explained. "It's the body's healing response to the laser treatment and it completely subsides, but it does appear as a purple like bruise on the skin for several days. So, this must be considered when discussing treatment options."



Before

After

The Vbeam has been a staple of The Laser Center at Contour Dermatology for years. This laser will remain at the Rancho Mirage office and will be used for patients who need a more aggressive treatment with the endpoint of purpura.

The Vbeam Perfecta is a pulsed-dye laser that

features micropulse technology to target the blood vessels in the skin. The laser's concentrated beam converts the light to heat upon contact which destroys the broken capillaries or other condition while leaving the surrounding skin untouched. For comfort and safety, this laser also has a patented cryogen-based Dynamic Cooling Device® to cool and protect the skin. What's different between the Vbeam and the Vbeam Perfecta is the newer laser has eight filters as opposed to the Vbeam's four filters which can be activated to lessen the purple bruising often associated with Vbeam treatment.

The Vbeam Perfecta is FDA cleared for more than 20 indications including:

- Facial telangiectasia including Rosacea
- Nasal telangiectasia
- Wrinkles
- Leg veins
- Telangiectatic matting
- Poikiloderma
- Photo-rejuvenation
- Dyschromia
- Benign pigmented lesions
- Post-procedural bruising
- Inflammatory acne vulgaris
- Benign vascular lesions
- Port wine stains
- Spider angioma
- Scars
- Cherry angioma
- Hemangioma
- Venous lakes
- Warts (non-facial)
- Striae
- Psoriasis

At Contour Dermatology, we also use the Vbeam or Vbeam Perfecta to treat warts that are resistant to liquid nitrogen and for plantar warts. Certain treatments such as reduction of port wine stains do require treatment with purpura for the best results, but others such as broken spider veins on the face can be treated with a lower wavelength and still provide effective treatment with no purpura and no down time.

To schedule a consultation to see if the Vbeam Perfecta can perfect your skin concern, call **(760) 423-4000**.

~ Staff Product Pick: Ana Aguilar Shares Skin Care Regimen ~ Two Clear Favorites – SkinMedica HA5 and Elta MD Tinted Sunscreen



Ana Aguilar

Ana Aguilar has worked at Contour Dermatology as a receptionist for more than a year. She couldn't wait until her 90-day initial employment mark to begin trying all the products. A self-described product junkie, over the past year, she has created a skin care regimen that she loves and serves her well. While young, she's arming herself with antioxidants to give her skin just what it needs to glow.

She's sharing her complete regimen, but has two clear favorites within her program – SkinMedica HA5 and Elta MD tinted sunscreen.

Skin Care Regimen Daily Products

Obagi Gentle Cleanser – Uses AM and PM

"I love that it's mild and not stripping as I have very sensitive skin. It's a nice gel cleanser that feels great and it removes my makeup gently."

SkinMedica TNS Recovery Complex

– Uses AM and PM

"This product stimulates cellular growth with all its growth factors and it's also perfect to apply after a laser treatment to help heal the skin. I love to get Fraxel laser treatments and this is the perfect product to apply to my skin following a laser treatment."

SkinMedica HA5 – Uses AM and PM

"This is my personal favorite. It's the product that started my love affair with SkinMedica. It really plumps my skin and hydrates my skin throughout the day with five forms of hyaluronic acid. It makes your moisturizer work better. I also love that it absorbs quickly without being greasy or sticky."

SkinMedica Dermal Repair Cream

– Uses AM and PM

"This is my moisturizer and I love that it has antioxidants – vitamins C and E to combat free radicals during the daytime. It also gives me a healthy glow. I also like that it's light enough that you can wear it under makeup."

Elta MD Tinted Sunscreen SPF 45 – Uses AM

"I love the tinted Elta MD sunscreen. It's such a good one. Sunscreen is the most important product you can use. What I love about this sunscreen is that the tint is universal and blends into anyone's skin tone and it doesn't have a scent."

Weekly Product

One product Ana uses weekly is the AHA/BHA Cleanser by SkinMedica which contains natural alpha-hydroxy acids including lactic, glycolic, citric and malic acids, along with salicylic acid, a form of beta-hydroxy acid for mild exfoliation.

"This one is for exfoliation and it has jojoba oil in it, so it's not irritating even though it's exfoliating. I also like that it has a brightening effect as it has lactic acid in it. It improves the clarity of your skin the more you use it. I exfoliate once a week, but some skin types can handle it daily."

~ Holiday Glamour ~

You see the Contour Dermatology Team in their every day medical scrubs. Here are a few glamorous photos of the staff in their holiday best from the fun and festive staff party this past December.



~ This Natural Beauty Stays Refreshed with Fillers ~ *Keeping it Real with Ginger Jeffries*

At 47, Ginger Jeffries is as lovely as ever. She's not only beautiful, she is kind and down to earth. While some people, especially those in the media, might want to keep it a secret and not admit to having anything done, Ginger is totally transparent.

"I love honest and real people and I am as real as it gets," she said. "If I feel great with little tweaks here and there, it just empowers me to feel better at home and at work. I want to share it so others might benefit."



Before

Ginger first came to Contour Dermatology about six years ago. Initially, she thought, I don't need this yet, but she was motivated to visit Dr. Jochen after a younger girl friend shared that she was getting Botox to prevent the lines from setting in. That sounded brilliant to Ginger.

Her love affair with Contour began with Botox. "It was just a few pricks of Botox, but when it kicked in, it gave me a slight eye lift, just as Dr. Jochen said it would." A few days after the treatment, she recalled, "I was brushing my teeth and I thought, 'wow,' I must have really slept well, which is funny, because at that time my kids were 8 and 10 and I was working the night shift, so sleep was a foreign concept. Then, I remembered what Dr. Jochen said and I thought, this doctor really knows what he's doing. He only did like 4-5 pricks of Botox, yet I saw this huge result. At that point, I became a believer."

She began having fillers in 2014. "Dr. Jochen told me about the triangle of youth and how it becomes inverted and we start to droop. I absolutely trusted him," said Ginger. But one thing that surprised her was Dr. Jochen wanted to inject some filler near her jaw line. "Dr. Jochen has this uncanny knowledge of how the face works," she said. "When we look at our faces, we see flat and stagnant. Dr. Jochen puts filler in the spots that lift

other parts and takes into account the entire face from all angles and movement. I talk for a living on TV, so this is very important."

Besides their natural results, what Ginger likes most about fillers is how long they last. "You can even elongate their effectiveness if you go in at the one-year mark for a little touch up. It gave me another two years," she said.



After

Ginger's most recent treatment was as a live demo model during Day of Beauty this past December. She had Restylane Refyne, Restylane Defyne and Juvéderm Voluma in her cheeks.



After

She also has had filler in her hands and in her lips. Commenting on the lip treatment she had this past spring, she said, "I've never liked something so much. I put on a lot of makeup in layers being on the air for hours. When he did that tiny little thing, it blew out all the lines that would make my lip liner bleed. I was so amazed. I did anchor the news that next night and no one could tell. It was just nice fullness to plump out the lines."



Before



After

"Dr. Jochen has a special gift of figuring out, not just a face, but your face and how it will look best," said Ginger. "He's not overzealous, he just gives me back that glimmer. As far as I'm concerned nobody can do what Dr. Jochen does."

~ The Future of Dermatology ~

Microbiome Testing for More Personalized Treatment



Timothy M. Jochen, MD

Your body is made up of over 69 trillion cells. That's a huge army of more than 200 different types of cells marching around to keep you functioning. But not all of these cells are human cells. About 39 trillion

of them are microbial cells – microorganisms living in association with the human body. Scientists and doctors have become increasingly aware of the importance of these microbial cells and are devoting more attention to study them.

The Human Microbiome Project (HMP) 2008-13 was established to further understand how the microbiome impacts human health and disease. A new phase, the Integrative Human Microbiome Project, is currently collecting data to create databases to determine their synergistic effects.

Even thousands of years ago, the Greek physician Hippocrates recognized the gut's importance to health and stated, "All diseases begin in the gut." Clearly, having a healthy microbiota supports your overall health.

Many people talk about friendly bacteria vs bad bacteria and want to promote the "good bacteria." The number of U.S. adults taking probiotics has skyrocketed. According to a National Health Interview Survey (NHIS), there has been a 400% growth in adult probiotic use from 2007-2012. This translates to 4 million adults in the United States who use probiotic or prebiotic supplements.

Besides the trillions of microbial cells inside your body, there are colonies of microorganisms on your skin – most of which are beneficial or harmless. However, bacteria such as *Staphylococcus aureus*

(MRSA) may also lurk, which is one reason it's especially important to be careful in treating cuts.

Gastroenterologists have had great success in treating diseases such as *Clostridium difficile* (*C. diff*) through techniques such as fecal transplant to modify the gut flora. Similar studies have been tested with donor microbiome solutions engrafted to healthy volunteers' skin to better understand various dermatotypes.

One of the things we as dermatologists are focusing on now is how modulating the microbiome can affect

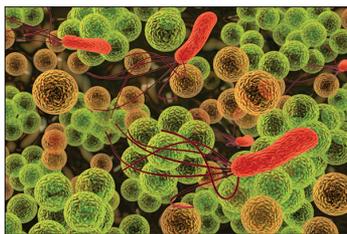
your skin. Research indicates that a healthy mix of bacteria seems to promote the best skin health.

There are studies showing dysbiosis, an imbalance of healthy flora, in people's skin with non-treated acne. People who have atopic dermatitis (eczema) also have dysbiosis of their skin microbiome. Additionally, studies

demonstrate that people who have a lower bacterial diversity of their skin are more apt to have worsening of eczema. Research also has shown links between skin dysbiosis and psoriasis and vitiligo.

In the near future, we anticipate we will be able to take a sample of a patient's skin microbiome to examine and provide a more tailored treatment. Currently, there are a few topical skin products which, believe it or not, have prebiotics in them to feed the good bacteria to restore bacteria of the skin's microbiome. Other popular, long-used ingredients like shea butter, niacinamide and thermal spring water have been shown to support greater bacterial diversity.

As these techniques and products progress, we may offer microbiome skin testing as part of our diagnosis and microbiome modulating as part of the treatment. It's a complex and rapidly evolving field in which I am staying abreast and wanted to share an update with you.



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