

## ~ Contour Acquires XTRAC Laser Clearer Skin for Patients with Psoriasis and Vitiligo ~

Already boasting one of the largest collections of lasers in Southern California, The Laser Center at Contour Dermatology has recently acquired a new specialty laser – the XTRAC laser – the only FDA-cleared laser for treatment of psoriasis and Vitiligo.

The XTRAC laser is endorsed by the National Psoriasis Foundation and is a recommended protocol of the American Academy of Dermatology for treatment of psoriasis. The XTRAC laser also has been cited in more than 45 clinical studies and research programs with results published in peer-reviewed medical journals. More than 2 million XTRAC laser treatments have been performed around the world to date.

### Healing Dose of Narrowband UVB

Remember those UVB rays you protect yourself from with sunscreen and clothing?

As an excimer laser, the XTRAC uses highly targeted therapeutic doses of UVB light delivered through a sophisticated liquid light guide system to treat only the affected area and leave the rest of the healthy skin in tact. What the XTRAC does is clear the symptoms and prolong the remission, allowing the skin to return to a clinically healthy state. Now patients with psoriasis can experience long-lasting relief with remission times averaging several months.

At The Laser Center at Contour Dermatology, Nurse Practitioners Elaine Woo-Gallagher, NP-C and Kara Crane, NP-C perform the XTRAC treatments.

### Excellent Results in Clearing Skin

"We have been seeing good results so far in patients with psoriasis," said Elaine. "By eight treatments, we are starting to see skin clearing."

Typically 10 to 12 treatments are recommended. In one multi-center clinical study, 72% of patients had at least a 75% of skin clearing in 6.2 treatments and 50% of patients had improvement of 90% clearance or better after 10 treatments.



### Quick, Easy and Painless Treatments

The XTRAC laser is especially helpful for hard to treat areas such as elbows, knees and the scalp. Treatments take only a few minutes and are painless. "Patients pop in twice a week and there's no downtime, so they can go about their normal routine," said Elaine.

### Little to No Side Effects

The XTRAC laser has none of the side effect risks common to topical psoriasis medications such as thinning or premature aging of the skin or potential negative systemic problems. However, some patients can experience a sunburn like reaction, blistering or darkening of the skin. "It can happen," said Elaine, "but we haven't seen this with any of our patients."

### XTRAC Minimizes Vitiligo Depigmented Patches

There are few treatment options for people with Vitiligo. Vitiligo is a skin condition which involves the loss of melanin, the primary skin pigment, resulting in irregular white patches. The XTRAC laser can minimize and in many cases even eliminate Vitiligo depigmented patches.

According to clinical studies, when used as a monotherapy for Vitiligo, 75% repigmentation has been seen in more than 50% of patients and response rates as high as 95% repigmentation have been documented. Clinical studies also have noted that repigmentation may be seen in as few as 11 treatments.



For more information about the XTRAC laser, please call (760) 416-6971.