

# The Skinny

CONTOUR  
DERMATOLOGY  
& COSMETIC SURGERY CENTER

A quick read with substance

Spring 2015

## ~ Contour's Skinny Center Now Offers Medi-Weightloss – The One That Works!® ~

Contour Dermatology employees and patients are losing weight left and right and learning how to keep it off for good. Paige Wheeler, a medical assistant with the practice, was one of the first to join the program. She lost 15 pounds in the first two weeks and a total of 25 pounds in the first month. She has 18 more pounds to go to reach her goal of 130. See her progress photos. →

Contour Dermatology is the only Medi-Weightloss center in Southern California and one of 80 locations in the world to offer this medically-supervised weight loss program.

"Over the past few years, a big part of our practice has become body contouring," said Dr. Timothy Jochen. "So much so that we established The Skinny Center at Contour with a variety of options for reducing fat and inches – CoolSculpting, VelaShape III and tumescent liposuction. But these treatments are for stubborn fat that is resistant to diet and exercise."

"We also wanted to offer a weight-loss program," said Dr. Jochen. "Our research found Medi-Weightloss to be the best program available and we are very excited to offer it to our patients." Medi-Weightloss offers programs for adults, adolescents and diabetics as well as free wellness workshops for employers. The Premier Program is comprised of three phases

over 16 weeks – an Acute Phase for weight loss, a Short-Term Phase for maintenance and a Wellness Phase with monthly visits with continued support.

Nurse Practitioner Jessica Neal, FNP supervises the program along with an enthusiastic support team. Following an initial consultation which includes comprehensive blood work, a physical exam, EKG, body composition analysis and waist measurement, patients receive a starter kit and access to a website where they can track their weight history and obtain recipes and fitness plans. For qualifying patients, prescription appetite suppressants are available. Patients come in for weekly visits for weigh-ins, vital signs and exercise and nutritional counseling.

"The food journal is one of the most helpful aspects of the program," said Paige. "You're accountable for everything you do. You write your calories down. Even if you cheated, you write it down."

Another important part has been the support from the staff. "Even though I work here, the support is amazing," she said. "Patients receive follow up calls and texts and it really helps to know that people are behind you and rooting for you."

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## ~ Restylane Silk: Plump Your Pout...and More! ~

### *New FDA-Approved Lip Filler Now Available at Contour*

A smile is happiness right under your nose. But what if you're self-conscious about your smile? More specifically, your thinning lips and increasing vertical lines above them? Good news! The makers of the popular Restylane family of products have expanded to include Restylane Silk – the first and only FDA approved injectable specifically designed for subtle lip enhancement and the smoothing of wrinkles and lines around the mouth.

#### **A Silkier Solution for Lips**

Dr. Timothy Jochen has always been very enthusiastic about Restylane and its many benefits. He ranks among the top 10 Restylane injectors in the nation. Restylane itself is a medium sized molecule gel and renowned for being very versatile. Perlane is excellent for addressing deeper lines, such as nasolabial folds. The new Restylane Silk distinguishes itself because it is made of smaller, smoother particles. It is injected into the dermis in tiny amounts with an ultrafine needle designed for improved accuracy in this delicate area.



#### **Formulated with Hyaluronic Acid**

Just like the other products in the Restylane family, Restylane Silk is a clear gel formulation of hyaluronic acid – a sugar that is naturally occurring in your body. Just think – you'll be getting a nearly natural beauty lift with a filler that is similar to your body's own material!

#### **The Problem Source**

The aging process causes fat and collagen reserves in the face to deteriorate which is what leads to those troubling fine lines around the mouth and thinning

lips. Restylane Silk's unique formula provides an opportunity to not only help smooth wrinkles and lines, but also softly restore lip shape and enhance definition without fear of achieving an "overdone" look. Leave the bee-stung look to overly zealous actresses. When injecting the lips, Dr. Jochen says he takes into consideration not only the red part of the lips – the vermilion, but also builds up the light part of the lips – the vermilion border to provide better definition as well as the philtral columns and restores the Cupid's Bow if possible.

#### **Great Results**

In a clinical study involving 221 patients, investigators observed that 77% of patients treated with Restylane Silk showed an improvement in lip fullness eight weeks after treatment and 59% of treated patients maintained it six months after treatment. The percentages reported by the patients themselves in the study soared even higher. Ninety-eight percent of the patients involved reported a visible improvement in lip fullness just 14 days after injection and 76% said they still had it six months following injection. Dr. Jochen also frequently uses Restylane Silk to fill in the under eye tear trough area as well as other facial fine lines with great results. Restylane Silk can also be used for hand rejuvenation to plump up hands.

Contour Dermatology is more than pleased to add Restylane Silk to its powerhouse line-up of dermal fillers. Make plans to incorporate this smooth gel in your battle against the aging process. It will be your secret weapon to restore natural youthful definition and symmetry to your lip and mouth area as indicated following your personal consultation.

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## **Medi-Weightloss** (Continued from page 1)

The crux of the Medi-Weightloss program is protein and vegetables for the first few weeks. Next grains and starches can be added. During the first few weeks, Paige was craving a cheeseburger. No problem. She grilled a 98% lean beef patty, added

some green onions and Laughing Cow® low-cal cheese, a tomato slice and wrapped it in lettuce!

If you've tried diets without success and want the support of a proven, medically-supervised program to guide you to reach your weight loss goals, call (760) 423-4090 to schedule your initial consultation. What do you have to lose?

## ~ Want Firmer Skin and Fewer Wrinkles? ~ Try This 15-Minute Laser-Free Treatment

Lasers grab a lot of attention in today's skin care world, but there is an alternative resurfacing method capable of delivering similar results. Sublative Rejuvenation™ uses fractionated bi-polar radio frequency technology to direct heat energy underneath the skin. That's right – no laser, no light, but still an effective way to address any skin imperfections troubling you.



Note significant reduction of Crow's Feet.

### Here's how it works

The Sublative esthetic device emits heat-producing energy that penetrates the skin's surface and stimulates new collagen growth in the deep dermis. Once collagen production amps up, noticeable improvement to textural irregularities,



wrinkles, acne scars and sunspots soon follows. The RF applicator accomplishes it all with little, if any, disturbance to the skin's top layer.

### Real improvement after just one treatment

Fractionated bi-polar RF exposes only a fraction of the deep dermis to radio frequency leaving healthy skin in between the ablated areas, which facilitates more rapid healing. The sublative treatment relies on the body's own subtle healing response to gently, gradually and reliably restore elasticity to the skin and its underlying tissue. Real improvement to textural irregularities can be achieved after just one treatment with little-to-no downtime usually necessary.

### Suits all skin types

Got sensitive skin? Dark skin? No worries. Any skin color or skin type, from dry to oily and everything in between is a candidate for this speedy approximately

15-minute treatment. Patients report experiencing minimal discomfort during the procedure and little in the way of side effects. A short-lived pinkening of the skin may result but makeup can be used to conceal it because Sublative requires no out-of-the-ordinary follow-up care. Typically a series of three treatments spaced four to six weeks apart is recommended. Additional sessions may be needed for more stubborn acne scars.

### Rejuvenates from the inside out

Remember, Sublative works from the inside out. While the heat energy the radio frequency generates gets to work promoting collagen production beneath the skin, the top layer remains virtually unscathed. It's versatile as well. Over time, Sublative treatments can improve even the deepest of acne scars, such as the ice pick variety. On the flip side, it treats fine wrinkles and crow's feet effectively too.

### Rejuvenates face and neck

Do you feel bad about your neck? Sublative radiofrequency treatments are an excellent way to firm up sagging skin and rejuvenate the entire neckline. If you're not yet ready for a necklift, try the Sublative method of stimulating collagen and elastin production deep in the dermis. It's a good defense



Note tightening of skin on upper eyelids.

against the tell tale signs of aging the neck reveals all too well. Sublative will provide some tightening without the expense of surgery and its downtime.

Schedule a consultation to determine how this non-invasive, non-laser treatment will work for you. Imagine smoother, tighter and better skin overall with minimal downtime and irritation. Now that's a promise worth investigating.

## ~ Staff Product Pick Brandi Samuels Loves Her Latisse ~



Brandi Samuels, a receptionist and one of the newest members of the Contour Dermatology team, began using Latisse to enhance her eyelashes about a month after she came to work at Contour in December 2014.

"In 30 days you can start seeing results, but in 90 days is when you see distinct results," she said. She described her lashes before as blond and short. "Now they are getting a darker tint and are much longer and thicker." She's also using the Latisse on

her eyebrows which she used to pay to get tinted. "I don't have to do that now," she said.

"A lot of patients mention how long my lashes look and that initiates a conversation, so I tell them about Latisse and ask if they'd like to try it." She also likes to tell patients about the Power of Three – a 10% discount if people buy three of any product – which with Latisse more than covers you for three months as each box lasts for five weeks. As for side effects, Brandi said, "I've experienced no side effects at all – just results."

Prior to joining Contour Dermatology, Brandi worked in internal medicine for two years. "I really like dermatology," she said. "Contour is a fun environment. The patients are amazing and all the staff works together as a team – not just the front office, but the whole office. We have morning meetings and good communication."

## ~ It's Cool to Cover Up! - Coolibar Brings Fashion to UPF ~

What if you could infuse a bottle of sunscreen into your clothing for greater sun protection that never washes out? And even better that it were fashionable? Coolibar has finally done it – they've created a fashionable line of UPF 50+ sun protective clothing for men, women and children featuring a variety of items from hats to shirts, shorts and swim suit cover-ups and more - now available at Contour Dermatology.



recommends sun protective clothing as the first line of defense against UVA (aging) and UVB (burning) rays.

### Why is sun protective clothing better than regular clothing?

Sun protective clothing is the most effective way to be protected from the sun. It's more reliable than sunscreen application, safer than

a white cotton t-shirt (which has a UPF rating of about 5) and comfortable.

### What is up with UPF?

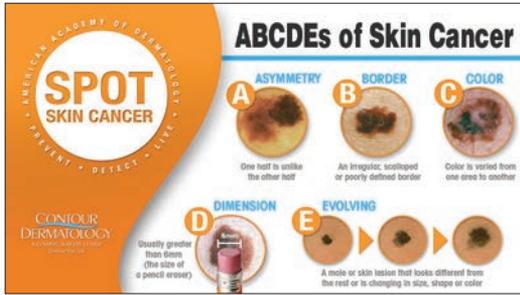
UPF stands for Ultraviolet Protection Factor and is a rating, similar to SPF, that is for fabrics. Coolibar's proprietary fabrics block 98% of the UVA and UVB rays. Coolibar was the first clothing company to receive the seal of recommendation by the Skin Cancer Foundation. The Skin Cancer Foundation

### Comfortable cool and machine washable, too!

Coolibar fabrics also help keep you feeling cool. They are highly breathable and moisture wicking. The UPF 50+ rating will not wash or wear out over time. Coolibar clothing can be machine washed and hung to dry or low tumble dry. Hats should be spot cleaned.

## ~ Five Warning Signs of Skin Cancer ~

According to the Skin Cancer Foundation, over 3.5 million cases of skin cancer are diagnosed each year in more than 2 million people. It's a sobering statistic but one in five Americans will develop skin cancer in the course of a lifetime. Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon.



is an expert in a procedure known as Mohs micrographic surgery. This specialized, highly effective technique for the removal of skin cancer has an almost 100% success rate causing minimal tissue loss and pleasing esthetic results. Performed as outpatient surgery, Mohs permits the immediate and complete microscopic examination of the removed cancerous tissue, so that all traces of the cancer can be eliminated at the time of the procedure.

Contour Dermatology diagnosed more than 2,000 skin cancers last year and approximately 100 cases of malignant melanoma. The importance of wearing a broad-spectrum sunscreen with an SPF of 15 or higher every day cannot be overemphasized. Lengthy time spent outdoors requires taking even greater precautions. Diligence also needs to extend to performing regular self-examinations of the skin and scheduling a yearly routine dermatologist visit. These critical steps increase the chances of detecting skin cancer early, before treatment becomes more challenging.

### What to look for

Basically when you perform a monthly self-examination, you're looking for changes in the shape or size of spots or moles and other irregularities. Focus on your neck, chest and torso, and use a bright light, full-length mirror, hand-mirror and blow dryer to inspect hard-to-see areas such as the scalp and back of the neck. If you can, enlist a spouse or partner to help you.

### Get an annual screening

A professional skin cancer screening is an easy, non-invasive two to three minute visual inspection of the entire body by a specialist trained in the diagnosis and treatment of skin diseases and conditions. Here at Contour, we diagnose and treat thousands of cases of pre-cancerous skin lesions which can turn into skin cancer if left untreated.

If skin cancer is detected and it is basal cell or squamous cell carcinoma, there are surgical and non-surgical options available. Dr. Timothy Jochen

### Brachytherapy now available at Contour

Brachytherapy has emerged as a leading surgical alternative for treating skin cancer. Contour is pleased to offer this new electronic radiation technology that hones in on cancer cells. Electronic Brachytherapy (eBx) utilizes a miniaturized X-ray source to deliver a precise and accurate high dose of radiation to the skin cancer while sparing surrounding normal tissue. Intended for early stage skin cancers, eBx is a viable treatment for select patients.



Patient receiving a Brachytherapy treatment.

### Seeking patients for a clinical research study on Actinic Keratosis

Currently Dr. Jochen is participating as a principal investigator in a clinical research study on Actinic Keratosis (AK) or pre-cancerous lesion. The study is for an investigational medication - a plant-based topical gel that is applied directly to the skin. There is no cost to participate and patients receive compensation for the study visits. If you are 18 or older and have been diagnosed with AK and would like to volunteer for this study, **call our office at (760) 423-4000 for more details about participating.**

## ~ Would You Like More Hair? ~ The Minimally Invasive NeoGraft® is Here!



**Timothy M. Jochen, M.D.**

Hair transplantation is one of the most rewarding procedures I perform. Having a full head of hair makes a person look healthier and feel better about their appearance. Hair transplantation restores more than just hair. It renews confidence.

The artistic part of a hair transplant is what thrills me most – to design a new hairline, to make it look

completely undetectable and to take into account many details such as ethnicity and which way the hairs need to be placed to lay right as well as determine how the hairline will evolve with age. But the new technology in hair transplantation is also very exciting and at Advanced Hair Restoration at Contour Dermatology, we are pleased to report that we have recently purchased the NeoGraft for follicular unit extraction – FUE – the latest state-of-the-art technology for hair transplantation.

FUE involves extracting thousands of individual hair follicle units one graft at a time as opposed to the strip grafting method which cuts a several inch strip of scalp from the back of the head for dissection. The NeoGraft FUE procedure is the least invasive procedure for hair transplantation. Patients can wear their hair as short as they want as there is no linear scar at the back of the head.

The NeoGraft is a revolutionary motorized device which includes a hand-held unit that uses vacuum technology to gently extract each selected hair

follicle and its root system from the donor area (back of the head) through a tube into a collection area where it is held until the transplantation part of the procedure. The NeoGraft device has a 1.0-millimeter needle punch to locate and core each hair follicle making it ready for suctioning. This is the harvesting phase of the hair transplant.

The next step is to sort the collected hair follicles in groups of 1s, 2s and 3s as some follicles will have single hairs and others will have more. Next, I place small holes into the desired locations on the scalp. NeoGraft also has a patented implanting device which uses positive pressure to insert the grafts.

Another benefit of the NeoGraft procedure is that there is no risk of numbness where the donor hair is harvested as there can be with the follicular unit transplantation.

And because there is no surgical cutting of the scalp involved in a NeoGraft procedure, there are no stitches or staples and the recovery time is quicker than with the traditional type of strip grafting procedure. Patients also report that there is less discomfort in the healing phase as there are many tiny holes and not an incision.

If you've been considering a hair transplant, we invite you to schedule a consultation to learn more about the NeoGraft.



### Contour Dermatology Locations

**Rancho Mirage**  
**Palm Springs**  
**Santa Monica**  
**Irvine**

42-600 Mirage Road  
1180 North Indian Canyon Drive  
2500 Broadway Avenue, Building F  
7545 Irvine Center Drive

Building A-1  
Suite E-419  
Suite F-125  
Suite 200

**760-423-4000**  
**760-423-4000**  
**310-817-2662**  
**949-682-8902**

**888-977-SKIN**