

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

October 2016

~ Are Brown Spots Getting You Down? ~ It's Resolve™ to the Rescue

Do you have brown spots or areas of uneven pigmentation that are bothering you? Resolve to do something about them!

PicoWay – the same amazing laser that can zap tattoos away – can reduce the appearance of brown spots, splotchy patches and other skin irregularities caused by sun damage or hormones. PicoWay Resolve features the same ultra short pulses of laser energy measured in picoseconds (trillioneths of a second), but it utilizes a different handpiece that is especially targeted for reducing pigmentation, skin irregularities and signs of aging. In just a few treatments, it delivers a new you with no downtime!

PicoWay Resolve utilizes holographic fractional technology which means that only a fraction of the skin is affected. The dual wavelength fractional module targets the melanin and leaves the surrounding healthy skin untouched. This new generation laser with its ultra fast picosecond high peak energy requires fewer treatments than other pigment lasers and



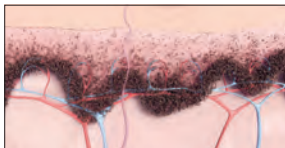
provides better clearance of the pigmentation.

"I do my research before investing in a new laser and I've really been impressed with the excellent results PicoWay offers our patients

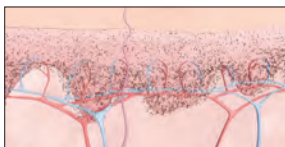
with fewer treatments to get clearer skin," said Dr. Timothy Jochen. "As a fractional laser, it also has an excellent safety profile."

How Picoway Resolve works is that the fast bursts of energy break up the excess pigment into miniscule particles that can easily be removed by the body, thus clearing the spots or ruddy appearance. It is not only effective at reducing brown spots, but can treat larger areas, too. Following is a list of the types of pigment problems Resolve can help:

- Freckles
- Age spots
- Lentigines
- Nevus of Ota
- Café-au-lait
- Melasma



Pigmentation before Resolve treatment



Resolve technology shatters the pigment

In a clinical study of the PicoWay Resolve, 96 percent of lesions had good or complete clearance and 86 percent of the patients were satisfied with the results.

Some pigmentation issues may respond effectively to a single treatment, while others may require a series of treatments to achieve optimum results. Treatments only take about 20 minutes, so you can even schedule it on your lunch break and continue on with your day with no down time.

~ Sandy Butkus Lost 84 Pounds and Counting... Medi-Weightloss Testimonial ~

Medi-Weightloss has literally saved my life. I've battled with weight most of my life. I've been on almost every weight loss program out there. It sounds cliché, but this is the only program that worked for me.

I'm also up against genetics. Most of the women on both sides of my family are/have been obese. Hypertension and diabetes also run rampant. I lost my dad last year and gained even more weight. I was 273 pounds at my highest last October 2015. I saw the Dr. Jochen's Medi-Weightloss commercials and the results patients had – these people seemed to have similar weight issues to mine. I knew I had to do something. I was 52, on four blood pressure medications, at risk for all kinds of medical problems. Being a nurse only made it worse. I knew just what I was in for if I didn't change my ways and soon.

I decided to make an appointment with Medi-Weightloss. I remember the day, October 6, 2015. I had at least 100 pounds to lose. But after my meeting at Medi-Weightloss, I had hope for the first time. The plan made so much sense to me. I was so excited, hopeful, to feel I had control again over my own health. But success also seemed so far away. The weekly appointments keep me going. I feel totally supported.



Before



After

I also learned a lot about my own physiology. I was shocked to feel my old metabolism kicking in. For the first time in 20 years I felt just "stupid" energy! Now 84 pounds lighter, I'm still getting used to my smaller self. When I was heavy, I used to hate going to restaurants with booths. I was the biggest one in my family and I hated squeezing into a booth. I never fit. And sometimes it was painful. I was too embarrassed to ask for a table. Not long ago, my mom and I went out to lunch and we were brought to a booth. I had that pang of anxiety but slid my little self into that booth. I was so happy I took a picture of the space between my tummy and the table and put it on Facebook.

This truly has been life changing. You can't do this alone. The Medi-Weightloss team members really are your partners in this journey. When I started I remember thinking 'This is going to be sooooo hard.' But, it really isn't.

After losing the weight, I saw my family doctor and, at first, she didn't recognize me. My blood pressure is normal, my labs look great, and she is very impressed with Medi-Weightloss.

People tell me I look like a totally different person. I still have a few more pounds to go to reach my goal, but I feel happy, strong, confident, and best of all healthy. Thank God for Medi-Weightloss!

~ You Can Have Success, Too ~ *Start Winning the Weight Loss Battle Today*

Medi-Weightloss is a medically-supervised weight loss program which is customized to each person's individual goals and preferences. Patients receive a complete medical exam, including blood panel, EKG and body composition analysis, nutrition and exercise education, weekly one-on-one counseling and the support and motivation needed to win the weight loss battle.

Medi-Weightloss is **"The one that works!"** because it focuses on evidence-based medicine where you learn to adjust your lifestyle and habits for life using real food.



**If you want the support of a proven, medically supervised program,
call (760) 423-4090 to schedule your complimentary consultation.**

~ Front Office Supervisor Jessica Wells Enjoys Contour's Bridal Pampering Package~

If there's ever a day that a woman really wants her skin to be flawless, it's her wedding day. You want to look the best for your spouse and you want to look your best in all those memorable pictures. For any of you who are planning an upcoming wedding or know of a friend or family member who is, we want you to know that Contour Dermatology has a special Bridal Pampering Package featuring a series of skin care treatments for the bride and bridal party to ensure that everyone has beautiful skin for the big day.



Daniel and Jessica Wells

on June 4, 2016 at a country club near Temecula.

Three months before the wedding, Jessica had a consultation with our Patient Care Coordinator La Rue Cole who helped her select the best physician grade skin care products specifically for her. As for her bridal pampering treatments, they were chronicled and you can watch some of them on Contour's YouTube channel. For her treatments, she had a Jessner Peel, eyebrow waxing and a vibradermabrasion with infusion with vitamin C.

The Bridal Pampering Package is just one of many value-laden packages we offer, but we wanted to spotlight it as Contour's own Jessica (Murdock) Wells, front office supervisor, had the opportunity to experience this package earlier this spring before her wedding. Jessica Murdock and Daniel Wells were married



Looking fabulous at the wedding after their pampering at Contour
Jessica Wells (center) and her bridesmaid's (L-R) Aly Grunnet, best friend, Maylissa Kanitz, Contour Dermatology Office Manager, Kaira Beach, twin sister, Stacie Wells, sister-in-law and in front, Aloni Hernandez, flower girl.

"Wedding planning can be really stressful and the treatments I had were very relaxing and helped stabilize my skin so I didn't have to worry about that and was able to just focus on the wedding. Having gone through the process, I really recommend it," said Jessica.



Jessica receives an eyebrow waxing treatment from Esthetician Anne Marie Johnson



Jessica enjoys a relaxing vibradermabrasion treatment with infusion by Esthetician Adriana Ortiz, MA

Call us to discuss your Bridal Party Package. Below are the details of our standard package.

(For up to 6 people)

Bridal Party Pampering Package

- 1 VISIA Facial Analysis per person
- 1 ReVitalize Peel per person
- 1 VibriDermabrasion with Infusion per person
- 1 Custom Facial per person
- Bridesmaid's skin care regimen (Valued at \$250)
- Bride's skin care regimen (Valued at \$500)

Package Savings of \$1,052

~ Staff Product Pick: Lee Erwin Raves About Renova ~



Lee Erwin, Executive Director

Lee Erwin, Executive Director of Contour Dermatology, has been using Renova now for about two years. He is a man of few products and likes to keep his skin care regimen simple, but powerful. His three key products are: Obagi Gentle Wash, Skin

Medica TNS Essential Serum and Renova. In this product review, he shares why he likes Renova.

Renova contains a low dose, 0.02% tretinoin and is specially formulated with emollients, making it a gentle, yet effective anti-aging cream even for people with sensitive skin.

"I like getting the benefits of a retinoid without the irritation," said Lee. "I like that Renova goes on smooth after shaving and feels light and clean before bed. It's not too greasy. It evens my skin tone and keeps my skin looking fresh."

Another reason Lee likes Renova is the pump dispenser. Only a small pea sized amount of Renova or any retinoid is needed and it's far too easy to use too much. But Renova's pump delivery method dispenses the perfect portion every time.

Renova helps to keep acne under control, lightens hyperpigmentation and smoothes textured skin.

It also reduces the appearance of fine lines and wrinkles. Renova was primarily created as an acne medication, but most of Contour's patients who use Renova do so for its anti-aging benefits. A prescription is required to use Renova.

Lee recommends Renova for anyone with sensitive skin and as a great product for men, especially as it's less irritating for those who shave.



Special offer: Mention you read about Renova in The Skinny and want to try it, and receive 15% off your first bottle.

~ Contour Launches Two Weekly Online Videos ~

The Best of Both Worlds

What do you get when you integrate medical dermatology with cosmetic rejuvenation? The Best of Both Worlds! Watch Dr. Jochen's live show each week – "The Best of Both Worlds" –



as he explains how the blend of providing a strong medical foundation with concern for the

best cosmetic result benefits all patients. With his usual flair and candor, you will be both entertained and educated. Check out this weekly video on Facebook or subscribe to Contour's YouTube channel.



The Kylie & La Rue Show

What's hot and what's not? Those are the questions this show answers every Thursday at approximately 9:30 a.m. It's recorded live on Facebook and also available for viewing later on Facebook or YouTube. With Hosts Kylie William and La Rue Cole and a parade of interesting guests, there's never a dull moment. During Kylie's maternity leave, you will see several guest hosts joining La Rue. Tune in to this upbeat show so you will always be in the know.

~ Meet Dermatologist Dr. David Sawcer ~



David E. Sawcer, M.D., Ph.D.

Dr. David Sawcer has been a part of Contour Dermatology's medical team since 2013. He sees patients every other Friday and on weekends which increases Contour Dermatology's coverage for medical dermatology patients.

Like Dr. Jochen, Dr. Sawcer is an Assistant Professor of Dermatology at the University of Southern California in Los Angeles, which is where the two doctors met. They collaborated on several clinical projects including an HIV lipodystrophy clinic at Los Angeles County General Hospital, which Dr. Sawcer began and has overseen for 15 years.

A native of England, it was the California dream that brought Dr. Sawcer to study abroad in California. It was love that brought him back to stay.

Like most kids growing up in England, Dr. Sawcer played soccer or football as it's called in Europe, but he had an incredible natural talent. "I played in high school, then for the city, then for the county and then I got picked to play for a professional team," he said. So enthused was he with this sport that at a young age, he actually dropped out of school for a brief time, but he said fortunately his mother got him back on track – and on track it was. He attended Liverpool University where he graduated at the top of his class in physics. While at the university, he became involved with the Royal Air Force and simultaneously trained as a pilot. "I flew fighter jet planes and performed competitive aerobatics – exciting young man stuff," he said. "I was quite good at it, so they offered me a full commission, but that would have meant 16 years of service and I was only 20 and that seemed like an entire lifetime to me at the time."

To replace the excitement of flying fast jets, instead he came to California. "For me, there wasn't anything much more glamorous than going to California. It was a dream I had as a little kid. I decided I would do a Ph.D. in physics in California," he said, "to go to live and study in

a foreign country that was exciting." Dr. Sawcer earned his Ph.D. in electrophysics at the University of Southern California. Dr. Sawcer is a pioneer in the field of cosmetic lasers and during his five years at USC, he participated in research that led to developments in lasers as well as several other medical devices. Dr. Sawcer also has applied his knowledge of physics to innovations in skin cancer treatment research.

After completing his first Ph.D., Dr. Sawcer returned to England to help care for his ill father. Back in England, he decided to go to medical school at Birmingham University. He undertook his internship at the Queen Elizabeth University Hospital and his Internal Medicine residency at Oxford University hospitals. Dr. Sawcer is a member of the Royal College of Physicians. He went on to begin his dermatology residency at the prestigious St. John's Institute and completed it at Southampton University Hospitals. At the University of Southampton, he began his second Ph.D. in Dermatology Wound Healing and much of his research was performed at USC.

Missing America, Dr. Sawcer came back to visit friends in California and met Elizabeth, then a graduate student at USC, and now a Ph.D. and Associate Professor of Engineering Practice at the Viterbi School of Engineering at USC. The two continued a long distance relationship for a while, but as Dr. Sawcer lightheartedly recounts, one day she said, "One of us has to move and it's you." He was happy to oblige.

Dr. Sawcer is certified in dermatology by the General Medical Council of England.

"The hardest thing I've done is get back to the United States," he said. "It's actually not particularly easy to get your degrees in England recognized in America. I had to retake all the American medical school exams." Dr. Sawcer received his California Medical License in 2001 and has been a faculty member at the University of Southern California since then.

From professional soccer to fast jets and toting two Ph.D.s., Dr. Sawcer has found dermatology to be an exciting and rewarding field and he is living proof with hard work and good friends, the California dream can become reality.

~ Packaged to Deliver

Introducing Contour's New Facial Filler Packages ~



Timothy M. Jochen, M.D

It happens to all of us unfortunately. The years creep up and suddenly the image reflecting back from the mirror isn't as smooth or as fresh as we'd like it to be. Luckily there are all sorts of dermal fillers and injectables on the market today capable of coming to the rescue. The question you may have though is: what is the best approach for me?

At Contour Dermatology, we recognize that everyone has unique rejuvenation needs and desires. It's why we've come up with three new and cost-effective treatment packages dedicated to addressing the problems of aging skin at every stage along the way. After all, what a 35-year-old requires to freshen his or her look will be substantially different from what a 65-year-old may need to rejuvenate theirs. We've given the treatment packages easy-to-remember names as we simply call them Three, Six and Twelve. The titles refer to how many milliliters of product individuals typically need to achieve optimum results. From minimal correction to more advanced, individuals' needs are assessed and addressed accordingly.

The "Three" Package

As a 30-something seeking definition and/or seeing a few wrinkles you'd rather not, the combination of a touch of Botox and Restylane can soon smooth the situation over. Botox relaxes facial muscles and is a useful tool for eliminating crow's feet, forehead wrinkles, not to mention frown and laugh lines. Meanwhile, dermal filler Restylane can enhance lips and give them a precision they lack. The results are immediate and natural looking with little to no downtime – good

news for patients eager to resume their busy day. The package is complemented by a light, exfoliating vibradermabrasion treatment that will definitely refresh tired-looking skin.

The "Six" Package

When fine lines become more persistent, Botox can step up to banish the telltale signs of aging that accumulate as you advance into your 40s and 50s. Fillers, too, are always helpful in this regard. Restylane is particularly versatile – useful for sculpting lips and minimizing the nasolabial folds or smile lines that start to form on either side of your mouth. It is also an excellent choice for adding volume to cheeks, since full-defined cheeks are a sign of youth and beauty. A rejuvenating vibradermabrasion treatment rounds out this treatment package.



The "Twelve" Package

Advancing in years ups the ante in terms of rejuvenation efforts and short of a surgical procedure, this treatment plan delivers real results far less invasively. In addition to Restylane, and Botox, it includes injections of Voluma, the highly effective FDA-approved mid-face volumizer which can last up to two years. This rejuvenating line-up includes the usual exfoliating vibradermabrasion treatment plus a little something extra – a VelaShape III laser treatment to tighten skin on the neck and under the chin.

At Contour, we always take the time to discuss your expectations and concerns regarding rejuvenation. It's how we determine the best approach for delivering the favorable results you desire.

NOTE: Dr. Jochen has been ranked one of the top three Restylane Injectors in the nation. He is also in the top 1% of Botox injectors.

Contour Dermatology Locations

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888-977-SKIN
