

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

March 2019

~ We've Performed 6,000+ CoolSculpting Treatments! CoolSculpting Now Available in Palm Springs ~

We recently performed our 6,000th CoolSculpting treatment! This places us in the "Cool Club" of 5,000+ treatments. We also have achieved Diamond Crystal Level Provider designation from CoolSculpting over the past several years. What this means to you is we are a practice with great experience in performing these FDA-cleared non-surgical fat reduction treatments.

Experience is definitely something that should top the list of any criteria when

selecting a provider for a cosmetic procedure. Not only have we performed more CoolSculpting treatments than any other practice in the Coachella Valley, we are in the top 2% of CoolSculpting practices in the nation.

At present, we have six CoolSculpting machines – the highest number in the Inland Empire. Because people are so happy with the results, it's become one of our most popular treatments. We recently added CoolSculpting as a service at our Palm Springs office. CoolSculpting treatments are offered daily at our Rancho Mirage office. At our Palm Springs and La Quinta offices treatments are offered several days a week, but days can vary.

Revolutionary technology is just one aspect of a CoolSculpting treatment. Friendly, experienced staff and a comfortable, tailored patient experience are equally important. We have six certified

CoolSculpting providers - Lee Balmonte, MA, Kelly Bergman, Cristina Guerrero, LVN, Anne Marie Johnson, Xarlyn Rantung, NP-C and Lawrence

Smalley, MA - all of whom have attended additional training at "CoolSculpting University" at the CoolSculpting headquarters in Pleasanton, CA. The two-and-a-half-day CoolSculpting University basic training is voluntary for CoolSculpting providers as initial training is done on site at the medical practice, but Dr. Jochen

has required this additional training be mandatory for all providers at Contour Dermatology. Beyond this, two of our providers have taken the CoolSculpting Master's Class and two more are scheduled to take this advanced course.

"The Master's class focuses on how to deal with more difficult cases," said Lee Balmonte, MA, Contour CoolSculpting provider. "We learned different techniques for challenging scenarios such as people who have a surgical scar in the area they want treated, or have random pockets of fat."

CoolSculpting is remarkable in its ability to totally tailor the treatment for body sculpting. The top two areas are abdomen and flanks. But, even small areas of fat like under the chin or "bra fat" can be targeted. Each treatment reduces about 20-25% of fat cells in the treated area. For more information,



Lee Balmonte, MA, CoolSculpting provider, affixes a CoolSculpting applicator for an upper arm treatment.

~ Welcome Back ~

Laura Moroney, RN, BSN, MSN-FNP-C Now Serving as Nurse Practitioner at Contour



Laura Moroney
RN, BSN, MSN-FNP-C

Contour Dermatology is pleased to welcome Laura Moroney back as a medical provider on staff. Long-time patients will remember when she worked as a laser nurse at Contour for five years. In the summer of 2011, Laura left to join her husband Major Terence Moroney, a Logistics Officer in the United States Marines, for an overseas tour for six years.

When Laura returned to the desert in 2017, she spent several months interning at local medical offices to fulfill the final requirements to earn her Nurse Practitioner's degree. She interned in OBGYN, pediatrics, internal medicine and at a family medicine practice. During this time, she also worked on a per diem basis at Contour Dermatology as well as at Desert Medical Imaging. She has served as a Nurse Practitioner full time at Contour Dermatology since she received her Nurse Practitioner's degree in May 2018. She earned her Master's of Science in Nursing, Family Nurse Practitioner degree from Walden University based in Minneapolis, Minnesota.

While she had an enlightening experience living in other countries and was respected as an American and working woman, she said of her return to Contour, "Contour has always been in my heart. I just love the staff and the patients and I feel at home here." Laura now brings a wealth of even greater medical experience to her practice at Contour along with her sparkling personality and caring heart.

During her time abroad, she not only continued to work in the medical field, she completed her online schooling as a nurse practitioner from Walden University.

Laura and her family spent five years in Okinawa, Japan and one year in Manama, Bahrain in the

Middle East. In Okinawa, she worked as a labor and delivery nurse for two years helping to bring precious new lives into the world. She also worked on the military base for three years at the 3rd Dental Battalion Camp Foster. At the Dental Battalion, she became a certified registered intravenous sedation nurse (CSRN) and administered conscious sedation IVs to patients prior to dental surgery. On the last leg of the tour, in Bahrain, she found a position back in cosmetic dermatology. Due to her prior experience at Contour Dermatology, she was quickly promoted to a supervisory position and taught other nurses the ins and outs of cosmetic lasers and facial fillers.

Now as a Nurse Practitioner at Contour Dermatology, Laura performs various cosmetic treatments including facial filler injections, cosmetic lasers, radiofrequency devices and more. She also sees patients for medical dermatology concerns. With her experience and credential in conscious sedation, she administers IV sedation for certain cosmetic procedures performed by Dr. Jochen. Additionally, she assists Dr. Jochen with Moh's surgery procedures to clear skin cancer.

Laura comes from a family of nurses, but didn't initially pursue this path. After the birth of her son, she had such great nurses taking care of her in the hospital, that experience interested her in changing her major to nursing.

At Contour, Laura not only helps people achieve better skin tone and texture, she said, "I've tried every single one of the lasers on myself." She also appreciates Botox and facial fillers to maintain her innate beauty.

Laura and her husband, Terence, live in La Quinta with their two children Zachary, a high school senior and Lilly, a fourth grader. Laura and her family are members of St. Francis of Assisi Catholic Church in La Quinta. In her leisure time, she enjoys hiking, swimming, golf, cooking and the theatre.

~ Meet Our Beautiful Patient Care Coordinators ~

The Team To Help You Meet Your Cosmetic Goals



Anne Marie Johnson

Anne Marie began her service at Contour as an esthetician in 2010 and quickly gained a loyal following of patients. She now divides her time between meeting with patients for personal consultations and providing esthetic treatments and CoolSculpting, as a certified practitioner, having just completed the CoolSculpting Master's course. Having struggled with hyperpigmentation, she is passionate about helping people look and feel better about themselves. Anne Marie has nearly 20 years of experience in the esthetic and dermatology field. At Contour, she's enjoyed Botox, fillers, nearly every laser, lower eyelid surgery and a lip lift. Her medical background is perfectly balanced with a delightful sense of humor.



Gina Garcia

Prior to joining Contour, Gina worked for AAA. She holds a BA in Workforce Education and Development from Southern Illinois University. Gina joined Contour in 2014 as a weight loss consultant and in 2017, she transitioned to cosmetic consultations. "I finally found a career I feel I was born to do." With compassion, honesty and attentiveness, she is motivated by the love she has for others' success and happiness. Gina has been a patient of Contour since its opening. With her first-hand cosmetic experience and working with Dr. Jochen, feels she has much to offer patients to address their concerns to achieve the results they desire.



Katrina Lopez

Katrina is a licensed esthetician and joined the Contour team in 2016. She loves interacting with patients and said, "Seeing how treatments make a positive difference in patients' lives makes me feel blessed to work at Contour."

Her philosophy is "It's all about education. We educate patients on the in and outs of procedures and which would be best and why.

Some people might think I'm young, but I assure them I follow Dr. Jochen's protocols and know what will serve patients best to get the results they want." She added, "I also appreciate the education, structure and camaraderie at Contour because it reminds me of when I served in the Air Force."



Melanie Brenner

Melanie is the epitome of a vibrant mature woman who is not afraid to flaunt her natural hair color, especially as she looks so youthful! Melanie was in the public eye before joining Contour – both as a lifestyle model for 12 years and as a national political consultant for 30 years. She also once ran for State Senate! During this time, she also hosted several radio shows. You'll find her quite eloquent and conversational when explaining procedures. Melanie joined the staff in April 2017. Over the past two years, she's had several procedures and can talk about them not only from a technical point of view, but her own personal experience including: full face CO2 laser treatment, Profound, fillers, Triniti Plus, Fraxel laser and an upper and lower blepharoplasty. "My job is helping people feel good about themselves – what's better than that? It's the best hobby a "retiree" could have."



Antonieta Ramirez

Antonieta has more than 10 years of medical experience, the majority in dermatology. She joined Contour as a medical assistant in January 2018 working side-by-side Dr. Jochen during procedures. In December 2018, she transitioned to cosmetic consulting. "Sometimes patients come in thinking they want one thing, but through education, they learn it's another treatment that will best meet their needs. It's great to have so many options to make sure they get what they need." One of the most important aspects of her job is to set realistic patient expectations both for recovery and results. She's had several cosmetic treatments herself including injectables, laser hair removal, VelaShape and said her favorites so far are CoolSculpting and Botox!

~ Staff Product Pick: Gaby Hurtado's Essential ~

SkinMedica TNS Essential Serum



Gaby Hurtado

Contour Dermatology Front Office Supervisor Gaby Hurtado's favorite skin care product at Contour is TNS Essential Serum by SkinMedica.

"I love it because it's a convenient all-in-one product. It has all the ingredients my skin needs to stay healthy – peptides, antioxidants, growth factors and much more," said Gaby. "I am approaching my late 20s and I want to make sure I use an anti-aging product that will help my skin as it matures."

TNS Essential Serum has been named an InStyle Magazine "Best Beauty Buy" and it also is a former "Beauty Choice Award" winner from New Beauty Magazine.

SkinMedica TNS Essential Serum features a dual chamber delivery of TNS Recovery Complex and its

APS Corrective Complex for ultimate rejuvenation. Together it provides a high concentration – 93.6% – of human growth factors which are potent proteins that fight against aging and promote skin health. There are also seven antioxidants to fight free radicals, three peptides help support the foundation of the skin and alpha arbuten which visibly brightens the skin. This serum also contains hyaluronic acid filling spheres which help trap water on the surface of the skin to keep it hydrated. These potent ingredients work synergistically to improve the appearance of fine lines, wrinkles and the overall tone and texture of your skin.

TNS Essential Serum is suitable for all skin types and is typically used both night and day on the face, neck and décolletage. It should be the first product you apply in the morning after cleansing and toning before any other products.

Clinical studies have shown that initial results occur within 30 days and optimal results in 90 days. TNS Essential Serum can then be an ongoing part of your skin care regimen.

~ Contour Dermatology Staff Sparkles ~



You see the Contour Dermatology staff in scrubs most of the time, but they sure clean up well! Here are a few candids from our holiday party.

(L-R standing) Javier Garcia, Alex Lechuga, Kylie William, Katrina Lopez and Paul Ruiz (L-R seated) Gina Garcia, Richard Dagul, Jason Dagul and Gaby Hurtado



Dr. Jochen recognized Yesenia Romero for 10 years of service.



Wendhy Rantung and Xarlyn Rantung, NP-C



Marissa Navarro, MA and Jennifer Valencia, MA

~ Patient Testimonial : Leyah Toland ~

In Awe of Acne Treatment Results

Leyah Toland joined Contour Dermatology as a receptionist in May 2018. She answers phone calls, helps patients schedule their appointments to see one of the medical or esthetic providers and greets and checks in patients who visit the practice. A Coachella Valley native and graduate of Shadow Hills High School, Leyah has found her calling in the medical field and in addition to her front desk responsibilities at Contour, she is currently taking nursing classes. After working at Contour for about six months, she became a patient herself and talked with Dr. Timothy Jochen about getting her acne under control.

Leyah, now 21, never experienced the typical “teenage acne” during high school. “It was a real shock when I started getting acne right after high school,” she said. “Being older, I was even more insecure than if it had begun in high school.” She battled acne for nearly three years. “I tried every facial, every homemade face mask and product I could find. Nothing worked.” During high school, she rarely wore makeup, but she turned to foundation to cover up her acne cysts and breakouts.

Dr. Jochen recommended she try Isotretinoin (formerly Accutane) which he considers a “miracle cure.” Dr. Jochen has nearly two decades of experience prescribing this medication and monitoring his patients with great success and minimal side effects. Within the first month, Leyah started noticing results. Now at month three, her skin is totally clear, however, she will remain on Accutane for the full six-month recommended course duration.

Some people have concerns about this retinoid medication due to several potential side effects which can include headaches, dry skin, itchy skin, chapped, cracked lips, dry eyes, nosebleeds and

depression. Women are advised to use two forms of birth control, if sexually active, a month before and a month prior to completing treatment as it can cause birth defects. Isotretinoin works by decreasing the size of the sebaceous glands, their oil output and bacteria in the sebaceous glands and on the skin. Treatment is closely monitored and patients are required to have a complete blood count monthly to check triglyceride levels and liver enzymes.



Before

After

“Except for chapped lips, I have not experienced any side effects,” said Leyah. She takes two 30 mg pills each morning with her breakfast. You can take Isotretinoin with or without food, but it is recommended to take with a meal.

Leyah is so happy with her results; she recommended it to her younger sister, who just started her six-month Isotretinoin treatment in January.

What would Leyah tell someone considering Isotretinoin? “Every patient is different. You may experience different side effects or no side effects,” she said. “I would definitely say it’s worth it. Six months is a short period of time and then you’re done with acne forever.”

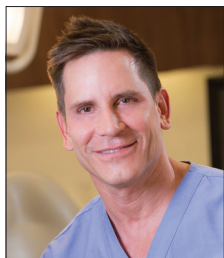
Fortunately, Leyah did not experience any acne scarring from her several-year bout with acne. For people who do have acne scarring, in addition to treating existing acne with Isotretinoin or other acne treatment options, Contour Dermatology has many ways to treat acne scars.

If you, or a son or daughter, are struggling with moderate to severe acne, schedule a visit to discuss the pros and cons to see if Isotretinoin might be right for you.

“I would definitely say it’s worth it. Six months is a short period of time and then you’re done with acne forever.”

~ Spotlight On Our CO₂ Laser ~

Fractional Technology for Total Skin Resurfacing



Timothy M. Jochen, MD

Some doctors collect cars...I collect lasers! I love lasers and the benefits they offer our patients. My goal at The Laser Center at Contour Dermatology has always been to offer the best laser in each category for the best possible results. Each laser is thoroughly researched and tested before we adopt it into the practice. We have specific lasers for reducing brown spots, red spots, wrinkles, hair removal, tattoo removal and lasers to improve overall skin texture and tighten the skin.

One of our most powerful lasers is the UltraPulse by Lumenis. This fractional CO₂ laser provides facial skin resurfacing to a variety of depths depending on the setting – Active FX for superficial pigment issues, Deep FX for deeper wrinkles, Total FX, a combination of Active and Deep for greater coverage, and Max FX which is the treatment I perform. We just purchased a second UltraPulse for our La Quinta office, so East Valley residents can now enjoy these treatments closer to home.

What I appreciate most about Max FX is it delivers similar results to traditional ablative CO₂ lasers, but with less risk and less downtime. While the technology is different, the Max FX setting is still ablative and does require downtime, but the results are so worth it. I have had this treatment performed around my eyes.

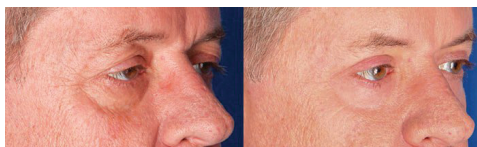
I recommend the CO₂ laser for around the eyes, around the mouth and for full face resurfacing. It can also be performed on the neck. Around the eyes, it reduces crow's feet, under eye wrinkles as well as tightens skin on the eyelids. I perform it

as a stand-alone treatment or as a complement to upper or lower eyelid surgery. This laser is also amazing at reducing vertical lipstick lines. The fractional CO₂ is also great for total face skin resurfacing and can improve wrinkles on the cheeks, depressions of acne scars and other facial wrinkles such as forehead wrinkles that won't soften with Botox or filler. The CO₂ laser is also a wonderful addition to a mini facelift procedure and can be performed during the same session.

One specific medical condition for which I use this laser is rhinophyma – a condition caused by Rosacea that produces enlargement of the

sebaceous glands on the nose, producing a bulbous appearance in men and women, but more common in men. This laser reduces excess tissue build up and helps restore a more

natural appearance of the nose.



Before

After CO₂ Around Eyes

The results from this laser treatment are immediate as well as progressive as your own skin builds up more collagen and elastin due to the wound healing response. Immediately after the treatment, you'll feel like you've had a sunburn. The aftercare rules are: no sun, no picking and keep it greasy. You'll scab in about three to five days and be reddish pink for about a month as your new, smooth, fresh skin is revealed. Then you'll continue to be slightly pink for a few months thereafter. The only downside is it is not recommended for people with darker skin. For those with an olive complexion, we can pre-treat their skin with hydroquinone.

All in all, the CO₂ laser is one of my favorite lasers because of the excellent results for overall skin tone improvement, texture smoothing and wrinkle reduction. It's one of the treatments I consider a "wow procedure."

Contour Dermatology Locations

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