

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Fall 2019

~ Mohs Surgery for Skin Cancer Skin-Sparing Treatment Has 98% Cure Rate ~

It was just a small brown spot on your nose. You knew you should get it checked. You didn't do that right away... Eventually, family and friends started saying, "You really should get that looked at." Finally, you made an appointment with your dermatologist. You waited for the biopsy results and you heard those words no one wants to hear: "It's skin cancer."



This is an all too frequent scenario at Contour Dermatology, where our medical providers diagnose nearly 2,000 cases of skin cancer a year, including about 100 cases of malignant melanoma. For basal cell or squamous cell carcinoma – the most common types of skin cancers we see – Mohs micrographic surgery offers an effective medical cure, as well as a more esthetically pleasing cosmetic result for skin cancer.

Benefits of Mohs Surgery

The goals of Mohs surgery are two-fold – cancer clearance and skin preservation. The amount of tissue that is required to be excised is minimized because only a thin layer of skin is removed at a time – just enough to clear the cancer. This procedure can be less invasive than regular surgical excision and the best part is it boasts a 98% cure rate for skin cancer.

How Does Mohs Work?

Typically, Mohs surgery patients will arrive at

Contour in the early morning and they may be at the office for several hours. Dr. Jochen is an expert in Mohs surgery and begins by removing a thin layer of the cancerous tissue. Each piece

of tissue removed is examined under a microscope and this process continues until the results show the tissue is free and clear of cancer. Some people only require a few

passes, but depending on the patient, other cases may require skin grafting to cover the lost tissue. Tissue for skin grafting is usually taken from the forehead or behind an ear.

Better Cosmetic Results

For many patients, the Mohs surgery treatment will heal up just fine without any tell-tale signs of the surgery. Others may experience lingering redness or slight scarring. For these patients, a laser treatment may be recommended to reduce any redness or scarring. Patients can have confidence knowing that Contour Dermatology has many options to make surgery scars and any other scars they may have look as though it never happened.

Early Detection is Key

The sooner any cancer is detected, the better the prognosis and options for treatment. We recommend our patients have a professional skin check annually and conduct regular skin checks at home. If you'd like more information on what to look for, please see the front desk and ask for the "ABCDEs of Melanoma" card.

~ Meet Dr. Nor Chiao ~

Board Certified Dermatologist



Nor Chiao, M.D.

Board Certified Dermatologist Nor Chiao, M.D. joined Contour Dermatology this past summer. Dr. Chiao is a highly qualified dermatologist with impressive credentials including her Medical Degree from Harvard. You can read about her educational training below. But what

patients especially like to know is more about the persona behind the scrubs. Here are a few fun facts about Dr. Chiao.

Motto: Life is a marathon, not a sprint. Always do your best.

Favorite Food: Fish tacos

Books on Her Nightstand: Journals. I tend to read a lot. I keep up to date on scientific advances in the dermatology journals and then for fun, I enjoy reading science fiction. Basically, I'm a science geek.

How Long In California?: Dr. Chiao has lived in California since 1983.

Interest in Science: From high school. Dr. Chiao was selected to attend a summer biomedical research program sponsored by the City of Hope Cancer Genetics Center. "Because of my early exposure to the breakthrough of gene sequencing - and all the innovation that followed - I wanted to be part of this movement to advance human health."

When She's Not Working: Travel. Some of my favorite places to travel are Europe and the Caribbean. One really great recent experience was in Tahiti. I went to Moorea and enjoyed driving around and exploring the island's rich flora and fauna. The best memory was visiting the lagoonarium and swimming with the stingrays and sharks.

Just for Fun: I watch a lot of pop culture movies.



Dr. Chiao is a past member of the Harvard Admissions Committee.

Dr. Chiao's Credentials

Board Certification: American Board of Dermatology

Medical Degree: Harvard Medical School

Fellowship/Residency: University of Texas/MD Anderson Cancer Center

Internship: UC Davis Medical Center

Licensure: California

Professional Memberships

Fellow: American Academy of Dermatology
American Society for Mohs Surgery

Member: American Medical Association

"My passion for treating skin cancer has led me to train at some of the most amazing cancer centers in the United States. I feel fortunate to be able to help people with skin cancer and other dermatologic conditions."

~ Nor Chiao, M.D.

~ Karen Dobbins Knows Mohs Helps Noses ~ *Mohs Surgery Testimonial*

Karen Dobbins had a sore on the end of her nose that wouldn't go away. Her granddaughter, Amber Martinez-Large, works as a medical assistant at Contour Dermatology, so Karen decided she would have Dr. Jochen check it out. She had a biopsy taken, but the results were inconclusive. The second biopsy came back positive for basal cell carcinoma.

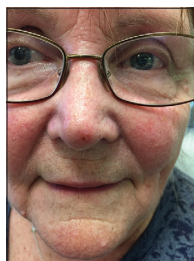
Karen had Mohs surgery to remove the cancerous tissue on her nose in late August. "I went in at 7:30 a.m. and was there for six hours," she said. Her surgery also required a skin graft.



Before



After Surgery



Healing Nicely

the skin graft to heal. "I had a scab on my nose for six to seven weeks," she said. "To me, it's looking really good. My nose is still a little red, but I think it's healed really well. I have a nose. That's all I care about," she exclaimed.

At her second follow up appointment, Dr. Jochen recommended a steroid shot to help soften the graft tissue and a CO2 laser treatment to totally rejuvenate the area and reduce any tell-tale signs. She is having

these treatments in December.

A mother of four natural children, two step-children and one adopted son, Karen is grateful to have her health as she has 13 grandchildren, five great grandchildren and two great-great grandchildren. "It's awesome because I look well enough and am healthy and we can all have fun together," she said.

"Dr. Jochen took skin from the side of my nose and brought that part over to cover the tip of my nose. The (cancerous) spot had feelers – so he had to take a good size from my nose," she explained. "Dr. Jochen was very nice and calming throughout the whole procedure. I trust him," she said. "They all are sweet and make you feel very comfortable."

Karen was sent home with a healing ointment for her nose and had a follow up appointment in one week and another follow-up four weeks later. The only problem she noted is that she has allergies and with the constant blowing of her nose, that made it hard for

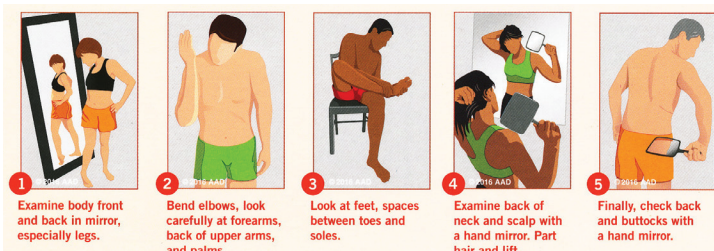


Karen Dobbins and her granddaughter,
Amber Martinez-Large, MA

For the past 16 years, Karen has worked as a midwife in the Coachella Valley, High Desert, Chino, Barstow and surrounding areas. She's delivered 619 babies. "I got to deliver most of my grandchildren and all but one of my great grandchildren," she said.

Now that she is cancer free, Karen will need to be checked every six months for five years to make sure there is no recurrence and to also to check other parts of her body.

Tips for Performing an At-Home Skin Exam



©2017 American Academy of Dermatology (AAD). Reprinted with permission from the American Academy of Dermatology. All rights reserved.

~ Staff Product Pick ~

Lorena Zendejas' Top Five Faves



Lorena Zendejas

and recommends them to her patients.

When Lorena Zendejas, one of our estheticians, was asked about her favorite product at Contour Dermatology, she wanted to tell you about all the products she uses in her daily regimen. Here's a summary of her top five favorite products available at Contour Dermatology

and why she loves them appearance of fine lines and wrinkles. It supports the skin's natural ability to replenish and hydrate itself.

Tip: I like to wet my fingertips before applying it for best results.

Contour Dermatology Ultra Lite Facial Cream

I absolutely love this moisturizer. It contains aloe vera for softer, smoother skin and a rich blend of antioxidants to minimize free-radical induced skin damage. This product leaves my skin glowing and is a must have for any skin type.



Tip: Men like this moisturizer, too, as it's so light-weight, non-greasy and unscented.

Daily Products

Obagi Gentle Cleanser – This is the best facial cleanser! This product gently removes make up and everyday impurities. It leaves my skin clean and gives me a nice fresh complexion. It's a soothing, cream-based cleanser which will help moisturize and soften the skin as well.



Tip: Using a cleanser is essential to a good skincare regime. I use it in the morning and at night.

Obagi ELASTIderm Eye Serum – This roll-on improves the elasticity around the eye area providing firmer and tighter-looking skin. It contains caffeine to help reduce the appearance of under eye puffiness. It utilizes a soothing rollerball to conveniently deliver proven ingredients.



Tip: I like to keep it in the fridge. It's the perfect pick-me-up for my eyes in the early morning.

SkinMedica HA5 – I love that it has five forms of hyaluronic acid. A "water-loving substance," it locks in moisture and provides continuous hydration to my skin throughout the day. It leaves my skin radiant, refreshed and smooths the



Weekly Products

Renova – Renova contains a mild strength of Retin-A to increase skin cell turn over and improve fine lines, wrinkles, texture and overall skin tone. It also has a built-in moisturizer which reduces dryness. This product gives my skin great results and is a must-have for total skin renewal. Renova is FDA-approved and is an excellent anti-aging defense.



Tip: I use it three nights a week for best results.

Obagi Professional-C Microdermabrasion Polish + Mask

– Contains 30% L-ascorbic acid and is formulated to make your skin glow! It uses ultra-fine resurfacing crystals to instantly transform skin from dull to smooth and radiant.



This is the perfect product to exfoliate, brighten and boost your skin care regimen!

Tip: Use once a week for best results.

~ Exciting Developments for Eczema Treatment ~

For years, the only treatment to help calm the aggravating itch and inflammation of eczema was steroids. Steroid creams and ointments are effective and work quickly to bring a flare up under control, but there are side effects to using steroids long-term, including thinning of the skin. While steroids are still the mainstay therapy, today there are several other treatment options to help manage this chronic condition which may be recommended as an adjunct or in lieu of steroids and there are even more new developments for eczema treatment on the horizon!

Among the newer FDA approved treatments include

Dupixent – is an injectable medication to treat eczema. It is the first biologic treatment of its kind to help control moderate-to-severe eczema. Biologics work by introducing an antibody into the system to block certain receptors and stimulate the immune system. Biologics may be recommended to bring greater relief if a patient has uncontrolled eczema despite use of corticosteroids.

Eucrisa – is a newer non-steroidal cream that helps manage eczema. In late 2016, it was the first non-steroidal cream and the first new eczema

topical medication to be approved by the FDA in 10 years. Dr. Jochen served as a principal investigator for this medication. A plant-based formula, the mineral boron is the active ingredient in Eucrisa which is best utilized as a maintenance treatment for Eczema.

New eczema treatments in process of FDA approval

- There is an oral form of Eucrisa currently in development.
- There is also a JAK inhibitor by Pfizer that may soon be available. It has just gone through a Phase III clinical study. It is also an oral medication. So, what is a JAK inhibitor? A JAK inhibitor works by blocking the production of specific cytokines, a certain type of protein, which can lead to inflammation. This medication calms an over-active immune system.
- There also are two new biologic injectables that are in the process of seeking FDA approval for eczema.

Stay tuned for more details about these exciting new eczema medications.

Things You Can Do at Home to Reduce Eczema Flare Ups

1. Bath or shower daily with lukewarm water. Hot water is not good for people with eczema as it will only dry your skin further.

2. Add powdered colloidal oatmeal to a warm bath.

3. Moisturize immediately after bathing while your skin is still damp. This will help to lock in natural moisture.

4. Use only gentle cleansers. Dr. Jochen recommends CeraVe products as they contain ceramides. Ceramides are naturally occurring in your skin and are fatty lipid molecules that help protect and restore your skin's barrier.

5. Moisturize, moisturize, moisturize. Again,

Dr. Jochen recommends CeraVe lotion with ceramides. Select CeraVe products are available at our office.



6. Frequent hand washing can break down an already weakened skin barrier even further. Wear protective gloves when doing dishes and housework.

7. Consider using a humidifier during the winter.

8. Avoid extreme temperatures and keep your skin wrapped up in cold weather.

9. Eat more anti-inflammatory foods like fish, leafy greens, nuts, olive oil, and fruits such as strawberries, blueberries and cherries.

~ Don't Over Do It! ~ *The Key to Successful Hair Transplants*



Timothy M. Jochen, MD

them the result they want.

Hair transplants are effective and natural because it's your own hair. Typically, for men, the donor area is the back of the head. This is not just for cosmetic reasons. The hair in this area is more genetically predisposed to resist hair loss.

I perform two different types of hair transplants – follicular unit transplantation (FUT), also known as strip grafting and follicular unit extraction (FUE) with the NeoGraft device. People may come in thinking they for sure want the NeoGraft because it is minimally invasive, but sometimes we recommend an FUT procedure instead for a variety of reasons. The key to a successful hair transplant besides the experience and skill of the hair restoration specialist, is careful patient selection and being cautious to not “overharvest.”

Overharvesting results when a transplant is performed too aggressively by depleting the donor area and can result in patchiness or bald spots. With a skilled practitioner and realistic patient expectations, overharvesting should not be an issue, but I did want to mention it as this is a topic that is currently surfacing in medical literature. The only time I see it as a possible concern in my practice is if a patient has had a transplant before. We also can transplant hair from the body

The first step in evaluating a patient as a possible hair transplant candidate, after confirming there is no medical reason for hair loss, is to determine that they have enough donor hair available to achieve the number of desired grafts to give

on the scalp, but this is only done as last option.

I not only perform hair transplants in people who have never had one before, I also perform subsequent transplants in later years due to additional hair loss as well as revision transplants if someone wasn't happy with the results they received at another clinic.

There are many factors that come into play when performing a hair transplant. One of those factors is designing the hair line. That's probably my favorite part of a hair transplant as I have an artistic eye and excel in being able to deliver very natural results. Another factor is setting realistic expectations with the patient based on the donor hair they have available and how much coverage they need.



Before

After NeoGraft (2,500 grafts)

Another thing I always take into consideration is to allow for future hair loss. Yes, the hair that is transplanted is permanent, but hair loss can still happen around the transplanted hair and I design a plan that takes this into account to continue to provide the most natural results for the short and long

term. I'm also careful to leave enough donor hair for possible future use and to ensure they have enough coverage there.

Typically, after a hair transplant, we also talk with patients about other strategies to keep their hair loss at bay, including topical hair solutions such as Rogaine, possible Propecia medication or regular use of low-level red laser therapy to help promote healthy hair and sometimes treatment with PRP – platelet rich plasma.

With all these factors, you can see why selecting an experienced hair restoration surgeon is so important and why a consultation is essential to discuss individual options.

Contour Dermatology Locations

Rancho Mirage 42600 Mirage Road
Palm Springs 1180 North Indian Canyon Drive, Suite E-419
La Quinta 46080 Jefferson Street

760-423-4000
888-977-SKIN