

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Issue 1, 2021

~ A Well-Defined Chin ~

Juvéderm® Voluma XC™ Gets FDA Approval for Chin

Oh, sweet cheeks! Allergan has done it again! Juvéderm Voluma has helped people restore volume loss or augment their cheeks with great results



since it was first FDA approved in 2013. Now, this hyaluronic acid dermal filler has received a second FDA-approved indication – the chin. It is the first and only approved cosmetic treatment for the chin.

Chin up! The results from Voluma in the chin are remarkable. You may not give it much thought, but the chin is an important part of your overall facial esthetic. Especially from a side profile, a well-defined chin is a handsome feature. With well-



placed injections of Voluma, a shorter chin can be contoured to have a slightly deeper profile. In women, it can even accomplish more of that desirable heart-

shaped face appearance. Men especially appreciate having a well-defined, chiseled jawline.

"I'm excited about Voluma for the chin," said Dr. Timothy Jochen. "I love the malleability and longevity of this filler and we've had such great results for cheek augmentation. It's great to have an option to enhance the chin in people who are a good candidate as the chin is an anchor and key in overall facial balance."



Dr. Jochen has been utilizing various facial fillers for the depression dimples common in the chin with aging. Now, the Voluma indication allows him and our other injectors to contour and build up the chin, improving a person's 3-D profile.

In the cheeks, Voluma XC lasts for up to two years. Voluma injections in the chin last about a year, with clinical studies even spotlighting continued high patient satisfaction at the one-year mark. Patients and the media are taking notice! Juvéderm Voluma XC was the winner of the 2020 Beauty Award from Shape magazine. To learn more about Voluma for the chin, schedule a consultation.

~ Contour Dermatology Welcomes Todd McCoy, NB-PC ~

New Nurse Practitioner

Todd McCoy, NB-PC joined Contour Dermatology this past summer as a nurse practitioner. He brings two decades of nursing experience to his position at Contour, including critical care and surgical recovery nursing.

Garth Brooks is not the only talented man to come from Yukon, Oklahoma. Todd grew up in Yukon and began his professional career in banking. Feeling the need for a change, he quit his job and enrolled in nursing school. He earned his Bachelor's in nursing from the University of Central Oklahoma in Edmond and his Master's from Vanderbilt University in Nashville. After many years of working in the hospital environment, he decided to obtain his nurse practitioner's credential and was certified this past spring.

Prior to joining Contour, Todd was a staff nurse at Eisenhower Medical Center. He also has worked at Desert Regional Medical Center, several Northern California hospitals, in Nashville and Oklahoma along with traveling nurse assignments.

Todd also has a great deal of experience teaching nursing protocols.

At Contour Dermatology his focus currently is cosmetic procedures including cosmetic lasers and injectables. On Fridays in La Quinta, he is excited to offer Zappy Friyay – a day patients can try a new laser at 50% off their first treatment. He also assists Dr. Jochen in surgical procedures.



Todd McCoy, NB-PC

"I love seeing patients and in a couple of weeks they say, 'I feel better about myself.' I like that I get to help change people's lives and be part of their excitement," he said. "You should like what you see in the mirror."

Todd is a member of the California Association for Nurse Practitioners, the American Society of PeriAnesthesia Nurses and the American Association of Critical-Care Nurses.

Todd lives in Palm Springs with his husband, Emiliano Valenzuela and their two rescue dogs. He enjoys Muay Thai kick boxing, running and weight training.

~ Introducing Glowtox ~

A glowing complexion is a great thing. So is a smooth forehead and brow area. Put them together and you get Glowtox! This is a new special we are offering as an incentive to have a Vi Peel and Botox at the same visit and save 10%.



"I really like the Vi Peel and I've had it done myself. I recommend it for every skin type from the lightest to the darkest," said Esthetician Adriana Ortiz. "Another amazing thing about this particular

peel is that you can do the eyelids with it. It really brightens up the eye area."

Adriana recommends this people for people who have acne, pigmentation issues or just want to brighten their complexion. It can be done every few months to keep your skin looking great. Yes, you peel – for about a week, but most on days 3, 4 and 5. If patients are using benzoyl peroxide or anything that exfoliates the skin, they should stop that for about a week prior to the peel. Patients are given a take home kit including post-peel towelettes, hydrocortisone to reduce any itching and sunscreen to protect the skin. But the most important instruction is: "don't pick your skin." Just let it peel and soon you'll be revealing beautiful new, glowing skin!

~ The Nose Knows! ~

Non-Surgical “Nose Job” with Filler

For minor depressions or bumps in your nose, dermal fillers can quickly do the job, easily, and without surgical intervention. The injection of dermal fillers to straighten out a dorsal hump or provide that cute little uptilt is called liquid rhinoplasty.

Ironically, this procedure also can correct a dent created from having an actual surgical rhinoplasty.

“With age, our soft tissue tends to disappear and looks like skin on bone,” explains Dr. Timothy Jochen. “I love using filler for the nose because it can give a dramatic result with just a small amount and create a straighter profile or elevate the tip of the nose.”

Contour Dermatology Front Office Manager Gaby Hurtado is one patient who opted to have a non-surgical “nose job.”

“No one has a perfect nose, but we can get close to it,” said Gaby. “I’ve been a little insecure about my nose, but not to the point that I want to get a nose job,” she added. “I was excited about the opportunity to participate in a live demonstration of this procedure.” You can watch her procedure on Contour’s YouTube channel.

Dr. Timothy Jochen injected 1 ml of Restylane Defyne in her nose in September 2019 and again in December 2020. Some patients may need 2 mls, but Dr. Jochen points out that, especially for women, it is just a few well-placed drops of filler to straighten a slight imperfection; it’s not an area you want to bulk up.

“After I saw my before and after photos, I realized what a big difference it made,” Gaby said. “And I hadn’t told my mom anything about having this done, and she noticed it right away. Now she wants to have hers done.”

“I had zero bruising with my treatment,” said Gaby,

noting that’s not always the case. “I thought it was going to hurt, but I did not feel a thing.” Fillers like Restylane Defyne contain lidocaine, which makes it a comfortable treatment even for sensitive areas

like the nose. Patients typically have swelling for about seven days and will see results at 14 days.

Containing hyaluronic acid, which is naturally occurring in the body, Restylane Defyne lasts from six months to a year in the nose. Gaby said she only started noticing less volume at about the

year mark.

After first having the procedure done, Gaby said she happily found herself checking her side profile in the mirror in the morning and felt more confident.

“I spoke to a patient recently who was asking about the non-invasive nose job, and I gave him my story and told him about the results.”

Another patient example of nose straightening with dermal filler.



Before

After

As Gaby points out, “with filler, there’s little to no risk. It’s not permanent, but once you get a surgery, it can’t easily be undone.”

What she would tell others – “You are going to like it because Dr. Jochen and our other injectors do a great job of maintaining your natural look while enhancing your features.”

~ Staff Product Pick ~

EltaMD Skincare Tinted Sunscreen is Nathaly's Top Pick



Nathaly Gonzalez

Nathaly Gonzalez has been working at Contour Dermatology for about five and a half years. She began as a receptionist and now serves as a cosmetic consultant. Over the years, she's seen a dramatic improvement in her skin and that makes her even more passionate to help others achieve their results. Shortly

after joining Contour, she went on a six-month Accutane protocol to clear up her acne. She's also had several Fraxel laser treatments, Dermapen and a Sublative treatment and seen a tremendous reduction in the appearance of acne scars. Now, patients regularly ask her about her skin and she's happy to share her journey and help patients with their custom treatment plan.

Nathaly has four key products she loves from Contour's incredible line of physician-grade skin care products: [EltaMD Skincare Tinted Sunscreen](#), [Obagi Tretinoin 0.1%](#), [Obagi Hydrate Luxe](#) and [Contour Dermatology's Ultra Lite Facial Cream with Antioxidants](#).

"My ultimate favorite is the EltaMD Tinted Sunscreen. People are always asking me what I use for foundation. I use the EltaMD Tinted Sunscreen instead of foundation and I love it because it's anti-aging, moisturizing and it's tinted," she said. She tops it off with a mineral powder. "I also love that it's water-resistant."

Her second favorite product is Obagi Tretinoin 0.1%. She has been using Retin-A for three years and recently upgraded to this strongest concentration. Yes, she's young, but she says she wanted to start early for prevention to keep her skin looking great and considers it the "fountain of youth." Retin-A also helps kill any acne bacteria as it turns the skin cells over faster. She's noticed how great older patients look who've been using Retin-A for years. She said, "They are my future goal." Nathaly also uses Retin-A on her neck and chest. Her current routine is every other night.

During the day, before the tinted sunscreen, she adds Contour's Ultra Lite Facial Cream. In the evening, she applies Obagi Hydrate Luxe after the Retin-A to moisturize her skin and minimize any flaking from the Retin-A use.

~ Contour Staff Welcomes New Babies! ~



Congratulations to Kylie William, Director of Marketing

Welcome Kennedy Lechuga

May 9, 2020

6 lbs, 14 oz • 18 inches

Proud Father: Alex Lechuga, Brother: Lincoln



Congratulations to Antonieta Ramirez, Cosmetic Consultant



Welcome Leonardo De Los Santos

June 27, 2020

9 lbs, 9 oz • 21 inches

Proud Father: Robert De Los Santos



Congratulations to Courtney McLaughlin, Medical Biller

Welcome Maddisyn Noelle Lara

July 27, 2020

6 lbs, 5 oz • 18.5 inches

Proud father: John Lara Jr., Brother: Jayce



~ Accentuate the Positive ~

Staying Pandemically Beautiful

Sadly, masks are still with us as we head into 2021. And side-stepping the controversy over them, one thing is for sure, they cover up smiles; they alter our appearance. As we are wearing masks frequently, and some of you wear them all day at work, we wanted to focus on what we can do to make our eyes sparkle and



look their best. And yes, you can smile with your eyes. They do convey emotion – look closely. It's more important now than ever to acknowledge people when you are out and about.

Among the treatments and products we have at Contour Dermatology to keep your eyes looking eyemazing include:

Eye Creams – We have two physician-grade products that will make your delicate eye area more resilient – Obagi's ELASTIderm Eye Cream or serum and SkinMedica's Eye TNS Illuminating Cream. Both will help reduce fine lines and wrinkles. ELASTIderm also reduces morning puffiness as it contains caffeine, and with its high dosage of growth factors, TNS Eye Cream reduces dark circles.

Latisse – Longer, thicker, darker lashes are a reality in about 16 weeks with this solution you apply at the upper lash line at night. You can also use it on eyebrows to enhance fullness and when they need trimming or shaping, our estheticians can help with that.

Botox/Dysport – Injections of these products can soften crow's feet around the eyes.

CO2 Laser – Laser resurfacing is one of Dr. Jochen's recommendations for those serious about turning the clock back. While it does have a little downtime, this procedure can significantly reduce even deep wrinkles and tighten the skin around the eyes. He frequently performs this treatment in conjunction with eyelid surgery.

Sublime around the eyes – This treatment uses bipolar radiofrequency to improve the eye area. While not as aggressive as the CO2, it does provide wrinkle reduction and some tightening.

Blepharoplasty – Dr. Jochen is an expert in eyelid surgery. This is a procedure he considers one of the most wow results-delivering procedures in his arsenal of rejuvenating treatments. For patients with sagging upper lids, this procedure restores their bright-eyed appearance. For those with under-eye bags, it neatly removes excess fat to smooth out the area. This procedure is popular with men, too.

Zoom Tweaks

During this continued pandemic, people are also spending more time on Zoom, and that brings up other issues of how to look your best on camera in a live environment, not a later, selfie-edited photo. So, here are a few tips to help you rock it on Zoom. The first Zoom tip is to make sure you have proper lighting. Today, it's easy to find little clip-on LED lights or even light stand. You might think more lighting will show too much, but it's quite the opposite. Good lighting can help even out your overall complexion and minimize wrinkles. Other suggestions include pulling your hair back if you have long hair, so your cheeks are more prominent. Also, pay attention to your background. Instead of a busy room, pick a scenic or solid background so you stand out.

A few cosmetic tweaks that will make a big impression and boost your confidence include Botox or Dysport for softening brow area wrinkles, facial fillers to reduce lines around the mouth and nasolabial folds and restore youthful volume or plump lips. These treatments have virtually no downtime. You can see the results right away and they last for months – some fillers for more than a year. To correct facial redness or sun damage, cosmetic lasers can help. If you just want a brighter complexion, we have specific products and face peels that can give you a healthy glow. And the surest way to stay beautiful is to maintain a positive attitude.

~ Contour Dermatology Research Helps Further New Medicine for Use in Dermatology ~



Timothy M. Jochen, MD

Janus kinase inhibitors, also called JAK inhibitors or jakinibs, are an exciting class of medicines that are currently being studied for many dermatologic conditions, including alopecia areata, atopic dermatitis, vitiligo and

psoriasis. JAK inhibitors work by blocking the Janus kinase group of enzymes from attaching to immune cell receptors, which otherwise would create a cascade of too many inflammatory proteins in people with autoimmune conditions, causing things like inflammation and hair loss.

The hair loss of alopecia areata, skin depigmentation of vitiligo and skin lesions of psoriasis

are conditions that not only affect a person's body but their overall wellbeing. There are limited options to treat these autoimmune conditions, and with alopecia areata for which there is no cure, there are currently no FDA approved treatments, only investigational options. However, we are getting close to FDA approval of JAK inhibitors.

I had the opportunity to serve as a principal investigator for an oral medication by CoNCERT Pharmaceuticals – CTP-543 – featuring JAK1 and JAK2 inhibitors in a phase II clinical study for alopecia areata. The production of too many cytokines affect the hair follicles and cause them to stay in the dormant state. This medication helps to jump-start the normal hair follicle cycle by blocking the JAK enzymes so new hair can grow. A phase III trial is currently underway to evaluate this medication's safety and efficacy in patients with moderate to severe alopecia areata. The phase in which I participated helped to determine dose ranges in

different groups of patients. I was pleased with the dramatic improvement we saw.

More than 6 million Americans have alopecia areata, a disorder in which the body's immune system attacks the hair follicles. About 20 percent of people who have alopecia areata have alopecia areata totalis, meaning their entire body is affected. It affects men and women equally and can appear at any age, but typically presents in people younger than 20.

I am especially encouraged by JAK inhibitors for alopecia because hair loss can be so devastating emotionally. People either suffer with baldness, patchy hair loss or they have to deal with buying, styling and applying wigs or wear beanies, hats or scarves if they want to cover up the hair loss. To offer a medication that targets the body's signaling pathway to resume hair growth is exciting.



Forthcoming FDA approval of a JAK inhibitor oral medication will help patients with alopecia areata.

The first JAK inhibitor was FDA approved in 2011 to treat myelofibrosis and the second drug was approved in 2021 for the treatment of rheumatoid arthritis, psoriatic arthritis, juvenile idiopathic arthritis and ulcerative colitis. JAK inhibitors have expanded the landscape of limited options for treating autoimmune conditions. The success of these drugs has inspired researchers to explore their use for other autoimmune conditions.

In addition to the dermatology studies, there are currently clinical studies involving JAK inhibitors to treat Chron's disease, inflammatory bowel disease, acute myeloid leukemia and lymphoma. This research is promising, and I think the continued development of JAK inhibitors will lead to even more specific cell-signaling therapy in the future.

In the meantime, we await the FDA's approval to prescribe JAK inhibitors in select dermatology patients for whom they would make a difference in their quality of life. Stay tuned!

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