

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Issue 3, 2022

~ New SkinCure Device Now Available at Contour ~ *Non-surgical Option for Non-Melanoma Skin Cancer*



Skin cancer is never welcome news but should you or a loved one ever get that news you now have more options to have that skin cancer removed at Contour Dermatology.

require cutting and stitches. SRT is non-invasive and utilizes radiotherapy to zap the cancer.

Benefits of SRT include:

- 99.7% cure rate
- Non-invasive
- No cutting, no stitches, no recovery time
- Treats multiple lesions in the same session FDA cleared
- Recommended by National Comprehensive Cancer Network

Where can SRT be performed?

The SRT 100 can be performed on most any part of the body, including the scalp, face, arms, legs, back, and more.

What is the level of radiation of SRT?

Superficial radiotherapy utilizes a low-energy therapy using X-ray radiation in the 50 to 100 kV range. The device Contour has added to the practice requires less radiation than electronic-beam radiotherapy to successfully treat a superficial lesion. According to published data, SRT has been shown to deliver higher overall cure rates for non-melanoma skin cancer than electron-beam radiotherapy.

You may have heard of EBX – electronic brachytherapy. We looked into this technology but discovered SRT is a better option for our patients. SRT has the ability to provide a range of energies and it can treat larger lesions than EBX. There is also more data supporting the long-term rates for SRT. And image-guided SRT provides predictable, consistent results across all skin types.

Contour Dermatology is proud to announce we have acquired the Imaged-Guided SRT 100 Vision by SkinCure Oncology. This device offers a non-surgical option to treat non-melanoma skin cancer. SRT stands for superficial radiotherapy, and this particular SRT device utilizes ultrasound imaging to view the area being treated.

There may be times when Mohs micrographic surgery is recommended, and there may be times when SRT might be the best option, depending on the type of cancer, how it presents, the patient's sensitivity to surgery, or recommendations based on the best cosmetic result. The good news is, you now have options, and both offer excellent healing results.

How does SRT compare to Mohs surgery?

SRT results are similar to Mohs surgery. The SRT 100 has a 99.7% cure rate. Which treatment is best for you is something that you and your provider can discuss. Mohs is the surgical option and will

~ Welcome Phi-Yen “Mimi” VuTran, PA-C ~

Dermatology is Her Healing Craft



Mimi VuTran, PA-C

Welcome Phi-Yen “Mimi” VuTran, PA-C. Mimi is the first physician assistant to work with Contour Dermatology. She joined the practice in April 2022 and brings several years of dermatologic experience, including

much experience with biologic treatments. Previously, she worked at First OC Dermatology in Fountain Valley.

In her short time at Contour, she has already been nominated and voted Best Physician Assistant in The Desert Sun’s 2022 Best of the Desert campaign.

Born and raised in Orange County, Mimi did her undergraduate studies at the University of California Irvine, earning bachelor’s degrees in biological sciences and psychology. She earned her master’s degree in physician assistant studies from Lincoln Memorial University at the Debusk College of Medicine in Harrogate.

She is certified by the National Commission of Physician Assistants.

Mimi knew by middle school that she wanted to study medicine. Sadly, the inspiration came from a family tragedy when she lost a close cousin to a complication from a medical procedure. “Because of this, I wanted to make a difference in the medical field. I know how it can affect families,” she said.

Mimi’s medical experience ranges from children to seniors. Much of her work in college involved pediatrics, including service at the Children’s Hospital of Orange County and clinical research

for children with autism. During surgical rotations of her PA studies, she discovered her passion for dermatology. “I am a real crafty person. I love working with my hands,” she said. “The dermatology procedures came naturally to me.”

Her personal experience with dermatology involves battling acne. “My parents are immigrants from Viet Nam, and they didn’t know what treatment options were out there,” she explained. “I struggled with this up until college. It’s great to have that knowledge now to educate early and advocate for my patients.”

During her pre-med studies, Mimi had the opportunity to serve on several medical missions, including visiting her parents’ homeland, working with Project Viet Nam. She is fluent in English and Vietnamese and can speak conversational Spanish.

At Contour Dermatology, Mimi sees patients for medical dermatology concerns, diagnosing and treating skin conditions, and performing biopsies, cryotherapy, among other procedures. “I like forming relationships and creating personalized

treatment plans for patients. It’s not a one-size-fits-all medicine. There are so many treatment options that you can inform patients and give them options and cater to what they like,” she said.

Mimi lives in Indio with her husband, Vincent VuTran, a physical therapist at All Star Physical Therapy, and their dog, Kovu. When she’s not working, Mimi loves to make handmade cards, labels, and other crafts and said, “I’m a big DIYer.” She also likes board games, movies, concerts, traveling, and as a foodie, enjoys charcuterie.

*“I like forming relationships
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~ Get Uplifted! ~

UPNEEQ Drops Offer Eye-Opening Results

We have some exciting and uplifting news to share with you! At Contour Dermatology, we now offer UPNEEQ, an FDA-approved ophthalmic solution of 0.1% oxymetazoline hydrochloride. This eye-drop solution slightly lifts your upper eyelids due to acquired blepharoptosis (low-lying lids), which can be a cosmetic concern for some people. You can see the results in less than an hour after applying.

How does it work?

UPNEEQ is preservative-free and formulated with hypromellose, an ingredient commonly used in artificial tears. Patients are provided single-use, sterile, disposable application droppers. You apply one drop per eye daily, and in about an hour, you will see uplifting results that will last throughout the day. You can use UPNEEQ with contact lenses or other topical ophthalmic drops. They should just be used 15 minutes after applying UPNEEQ.

How often do you use the drops?

You can use UPNEEQ daily, or you can use it whenever you want to see that refreshing boost for a more bright-eyed appearance for an event or photo. UPNEEQ can also be used only in one eye to correct eyelid asymmetry temporarily.

What are the benefits of UPNEEQ?

In addition to affecting your appearance, low-lying eyelids can impact your eyesight by reducing your field of vision. UPNEEQ provides both cosmetic benefits and field of vision improvement.

Appearance-related concerns include:

- Looking tired
- Asymmetrical eyes
- Cosmetic concerns

Clinical results relating to improved upper field of vision include:

- 87.8% of patients had some level of improvement
- 40.8% of patients had at least a 50% improvement on day 14 (*two hours after applying UPNEEQ*)

- On average, UPNEEQ demonstrated three times greater improvement in visual field compared to the vehicle placebo as measured on day one and day 14.

Why do I need a prescription?

Typically, droopy lids are due to age and weakening of the muscles in the eyelid, but they can be indicative of a medical condition, so you must be seen by a provider before we can dispense this product. Once you have been cleared, you can reorder the drops as needed.

Are there any side effects?

Most people do not have any side effects with UPNEEQ. The most common adverse reactions with UPNEEQ in 1-5% of patients were

eye inflammation, redness, dry eye, blurred vision, eye pain at the time of use, eye irritation, and headache.

Are there any drug interactions?

UPNEEQ belongs to a class of medications called alpha-adrenergic agonists. This type of medication may affect your blood pressure. If you take an alpha-adrenergic agonist medication to treat heart disease or enlarged prostate, check with your doctor before using UPNEEQ.

Who shouldn't use UPNEEQ?

UPNEEQ is only prescribed for people who have acquired ptosis

later in life. It will not correct congenital ptosis. It also only works for those who need less than a 2 mm eyelid lift. If a person has greater than that amount, they could consider blepharoplasty, a procedure in which Dr. Jochen is an expert.

Uplifting Results!

UPNEEQ was a 2021 Allure Best of Beauty Award Winner, and our patients and staff who have tried it have been complimentary of the results. One of our estheticians, Katrina Lopez, commented, "UPNEEQ refreshed my eyes from a long day. When I used it, after 10 minutes, I noticed my eyes were clear of redness and more open and brighter. It is like I got eight hours of sleep after a long day of work."



~ Staff Product Pick ~

Sierrah Cruz's Top Three Favorites



Sierrah Cruz
Medical Assistant

the physician-grade products available at Contour.

Asking Sierrah Cruz, Contour medical assistant, to pick one favorite product was a little tough. So, she decided to share her top three among the dozen products she uses in her skincare regimen. Having worked at Contour for a year and a half, she has cultivated a robust skincare regimen, exclusively featuring

cleanser to maintain her clear skin. "I love Clenziderm because it has salicylic acid, which keeps breakouts at bay, and it also has menthol, which gives you a tingly cool, refreshing feeling."

Obagi ELASTiderm Eye Cream

Before going to bed, she likes to moisturize her eyes and prevent crow's feet from cropping up by using Obagi ELASTiderm Eye Cream. This cream features a proprietary bi-mineral complex to promote healthy elastin and keep the eye area smooth.



ISDIN Eryfotona Ageless



The daytime product she is spotlighting is the ISDIN Eryfotona Ageless Ultralight Emulsion. It is an all-mineral formula sunscreen with a light tint and broad-spectrum protection with SPF 50. "This tinted sunscreen is fine for work. It hides redness and a little bit of browns. It's enough that I don't need to wear make-up. This is one of our newer sunscreens," she said.

So, those are her top three, but she also includes these products in her regimen: Obagi's Gentle Cleanser (morning), Obagi Toner (morning and night), ELASTiderm Eye Serum (morning) as it has caffeine in it to reduce undereye puffiness, SkinMedica Neck Correct Cream (morning and night), SkinMedica Lytera for skin brightening (morning), Obagi Daily Hydro-Drops Facial Serum (morning), Obagi Tretinoin 0.05% at night, topped off with SkinMedica TNS Advanced+ Serum and Obagi Hydrate Luxe.

Obagi Clenziderm M.D. Daily Care Foaming Cleanser

At night, she uses Obagi Clenziderm M.D. Daily Care Foaming Cleanser. This is an excellent cleanser for people with oily skin or who are acne prone. Sierrah has recently completed a several-month Accutane treatment and wanted a strong



"I love Clenziderm because it has salicylic acid, which keeps breakouts at bay, and it also has menthol, which gives you a tingly cool, refreshing feeling."

~ Now Seeing Patients at Our New Palm Springs Office ~



Featuring a sleek modern design reminiscent of our other offices, our Palm Springs office offers a welcoming comfortable lobby, larger space with more exam rooms than our previous Palm Springs office and a more convenient central location at 558 S. Paseo Dorotea Drive. We held our Grand Opening on November 3, and City of Palm Springs Mayor Pro Tem Grace Elena Garner joined us for our official ribbon cutting on November 28. We look forward to serving you at our new Palm Springs office.

~ Delighted and Lightened by Laser ~

Abigail Hardin's Birthmark Story

Abigail Cole Hardin began having laser treatments when she was only four years old. She was born with a birthmark known as a port wine stain on her right cheek that extends from her right temple, under her nose, and to her lip. She had her first laser treatment in 1994 and numerous laser treatments all over the nation, most recently at Contour Dermatology.

Initially, Abigail was told she could only have eight laser treatments and no more. So, in 2005 at 15, she thought she was having the last treatment to reduce the redness of her birthmark. Sadly, that was a traumatic experience for her as the numbing cream didn't work, and she had blistering, oozing, and scaly plaque afterward that lasted for years. While working in fashion design in New York City at 23, she sought treatment again as her birthmark became darker. With advancements in lasers, she was able to have more treatments.

Now 32, Abigail moved to La Quinta in 2021 because her fiancé, James Stout, is from the desert. He suggested that Contour Dermatology was the place to go if she wanted any more treatments.

"For me, this was not just for appearance, but also the emotional aspect," Abigail explained, recalling an unpleasant incident in a grocery store at 30 when a woman handed her a bag of frozen peas for her face (as if she'd been beaten and bruised).

Abigail has had 10 laser treatments at Contour since September 2021, including Vbeam and Excel V performed by Dr. Timothy Jochen and Todd McCoy, NP-BC. "What

I loved about Contour was Dr. Jochen's bedside manner. I still get numbing cream, but they take it at my pace." In stark contrast to her experience as a teen, she said, "I felt like my treatments at Contour were like a healing experience not just for my birthmark but the treatment experience, too. Then, I got incredible results."

Her birthmark has lightened even more than she thought possible. And the timing is perfect as she's getting married in January 2023.

"I feel so much more comfortable with my birthmark, and my family is amazed," Abigail said. "I didn't even realize it could get this light as I get older."

The daughter of parents who are both therapists, Abigail has a strong support system. At 19, she published a children's book entitled *Look at Me, I'm Just Like You* to help give other children a language for what they may be experiencing with similar childhood challenges.

Abigail's birthmark is part of the reason she became a life coach, personal branding, and image consultant. She helps people gain confidence and remove mental blocks that hold them back from achieving their goals through a process she developed called M.A.P. – Mindset, Appearance, and Presence.

As for her complexion, she plans to have a few more laser treatments at Contour, but said, "I don't ever want my birthmark to be completely gone. It's dear to me. I don't want to be asked if I got hit in the face and offered peas at the grocery store, but my birthmark will always



With the book she published



Immediately after Vbeam/Excel V treatments



Recent photo with makeup but significantly lightened birthmark

~ Renuva – Still You, Only Better ~

A New Class of Filler to Renew Face and Body



Timothy M. Jochen, MD

This fall, we began injecting Renuva, a new class of filler that is a great product because it produces natural fat to restore volume loss. It's the only thing out there that will produce your own fat cells. It's

Renuva product does not include DNA, cells, or any live component, just the building blocks to help your skin rebuild volume.

We all know that the redistribution of fat as we age is not fair. You gain it in places you don't want it and lose fat in areas like your face where you want to retain that youthful fullness. Renuva is only placed in areas where you naturally have

also very long-lasting, which is super exciting for patients.

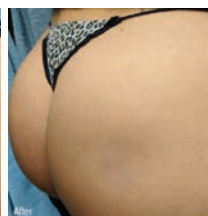
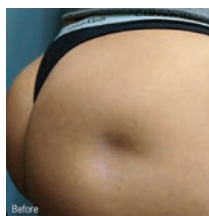
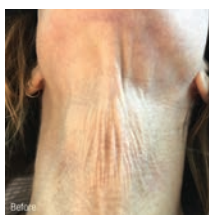
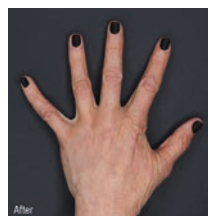
Renuva works through a process called angiogenesis. We inject Renuva, and then gradually, over a few months, it is replaced with your own fat cells, and the average lifespan of a fat cell is about five to 10 years! That's quite a bit longer than even the longest-lasting hyaluronic acid fillers, which range from six months to two years. So, for people who don't want needles and bruising every six months or so, Renuva is an option to consider.

This revolutionary injectable is from MTF Biologics and is produced in the United States. It is FDA approved and contains the same protein components and growth factors found in your body's fat. The

some fat. Once the material is injected, you will see immediate results, and then those results become "permanent" for the life of the new fat cells.

Renuva can be used for deeper volume or smoothing contours. It has good applications in the neck, décolletage, and hands, as well as the face. Renuva can also plump up buttocks or thigh dimples. While Renuva is a good option to replace age-related fat loss, especially in the face, it is not recommended for the lips or large areas of volume.

As a long-time filler injector, I am excited about Renuva because it provides an innovative longer-lasting option, and it's another tool in the tool-belt to custom fit my patients' needs.



Contour Dermatology Locations

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