

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Summer 2014

TOP DOCTOR 2014

Dr. Jochen was **VOTED** a top doctor in dermatology by his peers.

Read the feature article in the July issue

Palm Springs Life
California's Prestigious Magazine

Timothy Jochen, MD - Board Certified Dermatologist • Assistant Clinical Professor USC



Dr. Timothy Jochen was voted a top doctor in dermatology by his peers for 2014. Top doctors are selected based on nominations by physicians regionally and nationally and are reviewed by Castle Connolly's physician-directed research team. This research team carefully reviews credentials and screens all nominated physicians before selecting those most outstanding to be top doctors. Physicians do not and cannot pay to be selected as a Castle Connolly Top Doctor.

"I am really honored to be voted a top doctor," said Dr. Jochen. "It means a lot to me that I was nominated by my colleagues."

Coachella Valley physicians not only nominated Dr. Jochen as a top doctor, they trust him with their patients. As a testament to Dr. Jochen's reputation for excellent patient care, referrals from physicians to Contour Dermatology are one of the highest sources of new patients.

Castle Connolly, the premier organization in the country to identify top doctors nationwide, receives nearly 100,000 nominations annually. Only a small percentage of physicians are selected. The Castle Connolly 2014 Top Doctors of the Coachella Valley are listed in the July issue of *Palm Springs Life*.

A board-certified dermatologist, Dr. Jochen has been practicing dermatology for over 15 years. He founded Contour Dermatology & Cosmetic Surgery Center in 2001 which now has three offices – Rancho Mirage, Palm Springs and Santa Monica.

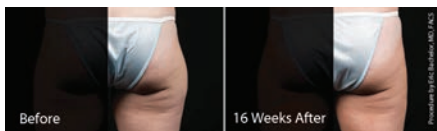
Dr. Jochen's reputation as a master in the art of facial injectables has contributed to being in the top 1% of Botox and facial filler injectors in the nation.

In addition to his vibrant medical and cosmetic dermatology practice, Dr. Jochen serves as an Assistant Clinical Professor of Dermatology at the University of Southern California at Los Angeles where he has been named Teacher of the Year multiple times.

In the feature article about him as a top doctor in the July issue of *Palm Springs Life*, Dr. Jochen shares that his grandfather was part of the inspiration for wanting to become a doctor and that what gives him the greatest satisfaction is helping people be clear of skin rashes or moles to feel better about themselves. You can read more and also watch his video interview at www.palmspringslife.com and type in **Top Doctors 2014** in the search bar.

~ Bye Bye Thunder Thighs . . . So Long Saddlebags CoolSmooth Outer Thigh Reduction is Here ~

It's new, it's cool and it's FDA-approved. Contour Dermatology is pleased to offer the CoolSmooth applicator for outer thigh reduction – arriving just in time to fine-tune your body this summer. The CoolSmooth is latest addition to the CoolSculpting system for non-surgical fat reduction. Now you can send your saddlebags packing as you fill your suitcase with all your skinny clothes for summer vacation!



One CoolSculpting® Treatment

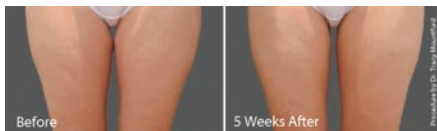
Contour Dermatology added CoolSculpting to the practice this past year and patients have been thrilled with the results. CoolSculpting features cryolipolysis technology developed by Harvard scientists to non-invasively target and reduce fat cells – resulting in about a 25% reduction. To tailor the procedure to each patient, there are several separate FDA-cleared applicators designed to treat different areas and body types – large areas, small areas, curvy areas and more – all with no needles, cutting or downtime.

“One of the best things about the CoolSmooth is that we can even treat non-pinchable fat,” said Dr. Timothy Jochen. “So, people who have ‘just that little bit of fat’ they want gone can reshape their thighs and get great results quickly and safely.”

The difference between the CoolSmooth applicator and applicators designed for the abdomen area, is that it features three flat panels which glide over the treated area to cool and destroy fat cells instead of holding and freezing the area between two panels. Because of this method of cooling, the high treatments take two hours compared to one with the abdomen.

In initial clinical studies of the CoolSmooth applicator, 86% of patients reported a noticeable reduction. Of those patients, 82% reported undeniable results and 81% reported that the results exceeded their expectations.

Contour Dermatology also offers the CoolFit applicator which can help create a more desirable “thigh gap” between the inner thighs, get rid of “jiggly arms” and reduce “bra fat.”



One CoolSculpting® Treatment

If you'd like to find out more about any of the cool ways Contour Dermatology

can help you contour your body with CoolSculpting, call **(760) 416-6971** or visit www.ContourFatFreeze.com.



Terrific Thursdays

SELECT LASERS
50% off*

IPL – Reduces sun damage and age spots

Vbeam and Excel V – Reduces redness

Smoothbeam – Helps control acne

GentleYag Pro – Laser hair removal

GentleLase – Laser tattoo removal

Sublime – Tightens skin

*Offer good for first-time treatments only.

Call (760) 416-6971 to schedule your Terrific Thursday treatment.

~ Massage Therapy Now Available at Contour~



Contour Dermatology has always been the place to visit to look great and feel better. The feeling better part is taking on a whole new meaning as Contour now offers therapeutic massages by certified, experienced massage therapists.

Massage therapy offers many benefits. Besides reducing pain and muscle tension, massage therapy relieves stress, promotes relaxation, helps to naturally lower blood pressure, produces better circulation, enhances the immune system and contributes to an overall better sense of wellbeing.

Several types of massages are available to help

you unwind or treat a specific need such as a deep tissue massage for sore muscles, reflexology or a prenatal massage.

- Swedish Massage
- Deep Tissue Massage
- Geriatric Massage
- Prenatal Massage
- Reflexology
- Cranial Sacral Therapy



Patients may also request a male or female massage therapist if they have a preference. The rate for massages begins at \$99 for a 60-minute massage. Longer massages may be scheduled for 90 or 120 minutes. Also remember that massages make a luxurious pampering gift and Contour gift certificates are available.



To schedule a massage, please call **(760) 416-6971**.

~ Seven Ways to Have a Cool Summer ~

1. **Wet 'n' Wild Palm Springs** - You'll save money and your skin from the strongest rays by taking advantage of the park's after 3 p.m. 50% discount. On select Fridays, enjoy "Dive-in Movies." www.wetwildpalm Springs.com

2. **Rock N' Roll Mini Golf** - This indoor miniature golf facility in La Quinta is not only sun-safe, it's a high-energy glow-in-the-dark experience. www.rocknrollminigolf.com



3. **Night Light Golf at Indio Municipal Golf Course** - Beat the heat and try an evening round at the desert's only night lit course. Who knows the cooler temperatures might even lower your score! www.indio.org

4. **Moonlit Movies** - Sponsored by the City of La Quinta, it's a superhero summer theme with free movies and free swim admission select Fridays at

Fritz Burns Park. The Avengers (7/25), Man of Steel (8/8) and Spiderman (8/25). www.la-quinta.org

5. **VillageFest Palm Springs** - Summer is a great time to stroll the vibrant Palm Springs downtown for shopping, dining and entertainment. Every Thursday night. www.villagefest.org

6. **Idyllwild Jazz in the Pines** - If jazz gives you pizzazz and you're in town August 16-17, tune into this 21st annual festival for jazz, blues and R&B in the quaint mountain village of Idyllwild. www.idyllwildjazz.com

7. **Stargazing/City Lights** - The desert offers so many great spots to view the majestic night sky. Whether from your own backyard, high above the Tram or the visitor center lookout at Highway 74, stargazing is a romantic and awe-inspiring way to spend a summer night.

~ Staff Product Pick – Adriana Ortiz Loves Neova Sunscreen ~



Contour Dermatology Esthetician Adriana Ortiz can't say enough good things about the Neova sunscreen with SmartSunscreen™ technology that Contour has recently added to its offering of select physician-grade products.

"It's by far one of my favorite sunscreens. I was just at the beach and it's all I used on my face," said Adriana who is fair-skinned and appreciates its SPF 40 protection.

A Daily Glow beauty award-winning product, Neova is a broad-spectrum sunscreen that protects against both UVA and UVB rays. Its silic sheer formula boasts two physical sunblocks – Zinc Oxide and Titanium Dioxide as well as the chemical sunscreen Octinoxate for maximum protection

against sunburn and photo aging. Avid swimmers and beach goers will also like to know that it is water-resistant up to 80 minutes. Those who are sensitive to smell will appreciate that it is unscented.

Besides the assurance of excellent sun protection, what Adriana loves best about Neova is its skin-perfecting matte photo finish. "It is light weight and I love that it has a natural tint. At work, I just use it and don't even wear makeup." Adriana explained that the tint works with all skin types and has two light-diffusing factors to even out skin tone and reduce visible imperfections. "All my clients love it," she said.

But there's more! As the full title of this product is Neova DNA Damage Control, it also includes the superior antioxidant L-ergothioneine to fight free radicals along with enzymes to both restrict and repair the signs of sun damage. What more could you possibly ask for in a sunscreen?



~ Contour Dermatology Splashes into Summer 6/21/14 ~

Break out the sunscreen, the sun protective clothing and add water, a pool slide and piñata! The Contour Dermatology Team kicked off the first day of summer, with a big splash and a taco fest. It was a fun afternoon of team bonding with coworkers and their families.



1. (L-R) Kara Crane, NP-C, Dr. Timothy Jochen, Erica Antonacci, receptionist Maylissa Kanitz, MA and Bruno Hernandez
2. Elaine Woo-Gallagher, NP-C and Julio Esparza, MA
3. Lee Erwin, Executive Director and La Rue Cole, Patient Care Coordinator
4. (L-R) Kylie William, esthetician and Claudia Cruz, receptionist

~ Contour Acquires XTRAC Laser Clearer Skin for Patients with Psoriasis and Vitiligo ~

Already boasting one of the largest collections of lasers in Southern California, The Laser Center at Contour Dermatology has recently acquired a new specialty laser – the XTRAC laser – the only FDA-cleared laser for treatment of psoriasis and Vitiligo.

The XTRAC laser is endorsed by the National Psoriasis Foundation and is a recommended protocol of the American Academy of Dermatology for treatment of psoriasis. The XTRAC laser also has been cited in more than 45 clinical studies and research programs with results published in peer-reviewed medical journals. More than 2 million XTRAC laser treatments have been performed around the world to date.

Healing Dose of Narrowband UVB

Remember those UVB rays you protect yourself from with sunscreen and clothing?

As an excimer laser, the XTRAC uses highly targeted therapeutic doses of UVB light delivered through a sophisticated liquid light guide system to treat only the affected area and leave the rest of the healthy skin in tact. What the XTRAC does is clear the symptoms and prolong the remission, allowing the skin to return to a clinically healthy state. Now patients with psoriasis can experience long-lasting relief with remission times averaging several months.

At The Laser Center at Contour Dermatology, Nurse Practitioners Elaine Woo-Gallagher, NP-C and Kara Crane, NP-C perform the XTRAC treatments.

Excellent Results in Clearing Skin

"We have been seeing good results so far in patients with psoriasis," said Elaine. "By eight treatments, we are starting to see skin clearing."

Typically 10 to 12 treatments are recommended. In one multi-center clinical study, 72% of patients had at least a 75% of skin clearing in 6.2 treatments and 50% of patients had improvement of 90% clearance or better after 10 treatments.

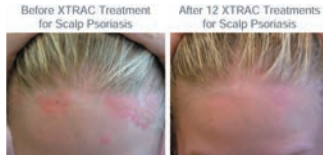


Quick, Easy and Painless Treatments

The XTRAC laser is especially helpful for hard to treat areas such as elbows, knees and the scalp. Treatments take only a few minutes and are painless. "Patients pop in twice a week and there's no downtime, so they can go about their normal routine," said Elaine.

Little to No Side Effects

The XTRAC laser has none of the side effect risks common to topical psoriasis medications such as thinning or premature aging of the skin or potential negative systemic problems. However, some patients can experience a sunburn like reaction, blistering or darkening of the skin. "It can happen," said Elaine, "but we haven't seen this with any of our patients."



XTRAC Minimizes Vitiligo Depigmented Patches

There are few treatment options for people with Vitiligo. Vitiligo is a skin condition which involves the loss of melanin, the primary skin pigment, resulting in irregular white patches. The XTRAC laser can minimize and in many cases even eliminate Vitiligo depigmented patches.

According to clinical studies, when used as a monotherapy for Vitiligo, 75% repigmentation has been seen in more than 50% of patients and response rates as high as 95% repigmentation have been documented. Clinical studies also have noted that repigmentation may be seen in as few as 11 treatments.



For more information about the XTRAC laser, please call (760) 416-6971.

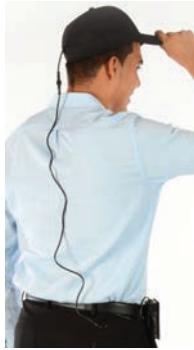
~ Contour Offers New Device for Hair Loss Low Level Laser Therapy Stimulates Hair Regrowth ~



Timothy M. Jochen, M.D

For select patients with hair loss – both men and women – getting a thicker head of hair can be as easy as putting on a cap. And no, I don't mean to cover the balding area. The new Capillus 272 cap looks like a regular baseball cap from a distance, but underneath

it is a patented laser system that delivers red light, low-level laser therapy to the scalp to stimulate hair growth. You wear the cap for 30 minutes every other day or as directed by your physician. The Capillus system comes with a logoed cap and convenient travel case, but you can wear any baseball size cap you want to cover the laser unit.



As a specialist in hair restoration, the Capillus is the first device that I've felt merited offering to my patients. With 272 individual laser diodes, the Capillus offers more coverage than any laser unit for hair loss currently on the market. It is a take-home device so you can perform your own treatments on your own schedule in the convenience of your own home, car or anywhere. It is also a hands-free. You can just tuck the battery-powered pack into your pocket and move around during your treatment.

Comparison to Other Devices

The FDA first approved low-level light therapy in 2007 for the treatment of mild to moderate male

pattern hair loss for a laser comb device. But the laser comb is not as practical in application which leads to non-compliance and thus less than optimal results. It's also not hands-free or mobile and only has 9 laser diodes. There are also in-office laser domes with 82 laser diodes that patients can sit under, but they don't offer as much coverage and require frequent trips to the office for treatment.

How Long Does It Take For Results?

To achieve results with the Capillus you need to be consistent and use as directed. You also need patience. It does take several months and up to six months to see the full results of what the therapy can do for you. Once you are noticing thicker, more lustrous and stronger hair, you will need to continue using the Capillus to maintain your results.

The Best Candidates for Low-Level Laser Therapy

The first patient for whom the Capillus is recommended is someone who is just starting to notice hair loss and wants to catch it at the early stage. Capillus is also indicated as a complement to topical solutions or medications such as Propecia as a combination therapy. LLLT can make topical solutions even more



effective. Lastly, the Capillus is excellent for use following a hair transplant – to make the transplanted hair stronger and to prevent it from looking thinner over time as well as to strengthen the surrounding hair.

Capillus is intended to treat androgenetic alopecia - male and female pattern baldness. The first step is to get a consultation to confirm this is the cause of your hair loss and not some other medical issue. We can then discuss your expectations for hair restoration and determine an individual treatment plan.

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