

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Fall 2007

~ Do Cosmetic Enhancements Make You A Happier Person? ~

There have been several studies in recent years suggesting that people who undergo cosmetic enhancements – either through surgery or less invasive procedures – not only experience improved self-esteem but also enhanced mood.

For example, a significant number of patients stopped taking antidepressant medication after undergoing plastic surgery, according to a study presented last year at the American Society of Plastic Surgeons (ASPS) conference in San Francisco. In the study, 362 patients had cosmetic plastic surgery, and 17% (or 61 patients) were taking antidepressants. Six months after surgery, however, that number decreased 31%, to 42 patients. In addition, 98% of patients said cosmetic plastic surgery had markedly improved their self-esteem.

On another front, a recent pilot study analyzed the relationship between Botox injections and depression. The study involved 10 patients who were diagnosed with depression who were then given a course of Botox injections in a standard course of medical treatment to eliminate frown lines. A stunning 90% of the patients reported that their depression lifted after the treatments.

"Medical professionals are drawing several conclusions from this study," says Dr. Jochen. "One is that it appears that facial expressions may have a direct correlation to mood. In other words, when you look happier, you feel happier."

So, should you get Botox injections or undergo cosmetic surgery if you're depressed?

"The Botox study was of too small a size to draw any solid conclusions," Dr. Jochen

says. "When properly administered, however, these injections carry little risk, so it probably can't hurt. But more research is definitely needed.

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"And the previous study affirms what cosmetic and plastic surgeons have known all along," he adds. "Which is that patients who undergo good, appropriate cosmetic surgery feel good about themselves."



~ Making Hands Look Better, Younger ~

Our faces aren't the only parts of our body that show the effects of sun exposure and aging. Our hands are often even more sun-exposed (golfers, take note!), and as a result they're just as prone to wrinkles, lines, discolorations and thinning skin as our faces.

The good news is that many of the same treatments that work so well for facial rejuvenation can also reverse the signs of aging in the hands. For example:



Thin skinned? When aging and sun exposure cause the skin on the back of the hands to atrophy (or thin), giving them that "bony" appearance, fat transfers (using your body's own fat cells) and/or the dermal filler Sculptra can help restore volume.

Got spots? If brown "sun" spots are the problem, a TCA peel (a light- to moderate-strength chemical peel) is an option to help eliminate the uneven pigmentation. IPL (Intense Pulsed Light) laser treatments are also well-suited for the thinner skin of the hands. Both approaches require several treatments to achieve optimal results.

Topical treatments are another option for reducing the appearance of uneven pigmentation. If the discoloration is relatively mild, we might consider a daily bleaching cream containing hydroquinone, or a cream containing Retin-A, a proven anti-aging ingredient, to even out the pigmentation.

Unightly veins? Enlarged hand veins are normal veins that become more visible as the skin thins with age. They're not considered to be diseased like protruding varicose veins in the legs, but they can be easily injured and unsightly as the skin becomes more fragile.

Sclerotherapy is a treatment option in which a safe, painless solution is injected into these unsightly veins, causing them to shrivel and disappear. The body then re-routes the blood into nearby healthy veins.

"The single most important strategy for preventing sun damage to the hands is to wear sunscreen every day," stresses Dr. Jochen. "It's simply the best way to keep those brown spots from appearing in the first place, and to prevent your hands from giving away your age."

If you'd like to learn more about the treatment options for making your hands look younger, call us today at 416-6971.

~ Our Growing Team at The Laser Center ~



Front Row (L-R):

Kylie William, Office Manager; Elaine Woo Gallagher, NP-C; Timothy Jochen, M.D.; Laura Moroney, RN; Lee Erwin, Executive Director.

Back Row (L-R):

Alicia Reyes, MA; Arlene Warburton, Billing Department; Liz Meza, Receptionist; Daniel Rangel, MA; Cara Pelligrino, Billing Department; Lee Balmonte, MA; Lawrence Smalley, MA; Ludim Camacho, RN; Roxanne Borrego, Front Office and Tina Cash, Front Office.

Holiday Day of Beauty

Saturday, December 8, 2007
10 a.m. to 4 p.m.

555 East Tachevah Drive, Suite 2E 106, Palm Springs

Refreshments & Hors d'oeuvres
Prize Drawings



Reservations Required. RSVP: 416-6971

P.S. Our Gift Certificates make great holiday gifts!



PRODUCT/PROCEDURE	SPECIAL PRICE	REGULAR PRICE
Juvéderm™	Special introductory offer of \$500 per syringe	
Sculptra™	\$500 per vial	\$650 per vial
Radiesse™	\$550 per syringe	\$695 per syringe
Artefill®	\$550 per syringe	\$650 per syringe
Perlane®	\$425 per syringe	\$550 per syringe
Botox Cosmetic®	\$8 per unit	\$10 per unit
TCA Peel	\$300	\$400
Vitalize Peel®	\$85	\$125
Illuminize Peel™	\$85	\$125
Beta Lift Peel	\$50	\$125
Green Tea Infused Vibradermabrasion	\$50 (face only)	\$125 (face only)
IPL™ Foto Facial™	\$299	\$399
Laser Hair Removal *upper lip, chin & underarms only	\$99 per area*	\$230 per area*

~ Medical Update: Juvéderm™ Now Lasts A Year ~

Allergan, Inc. – makers of Botox® and Juvéderm – recently announced that the U.S. Food & Drug Administration (FDA) is allowing the company to re-label its Juvederm dermal fillers to indicate that they're longer-lasting than previously thought.

The original labeling stated that Juvéderm™ could be effective for up to six months. But data now shows that the effects of the dermal filler can last up to one year, and the FDA gave Allergan permission to make this claim.

Juvéderm, a hyaluronic acid dermal filler, is injected into facial wrinkles to fill out and smooth

them. It's available in two different formulations: Juvederm and Juvederm plus. One treats moderate wrinkles in the mid-dermis and the other adds volume to larger areas such as the cheeks. It's also used to contour the face.

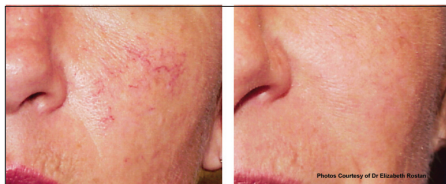


"We've been using Juvéderm since it was originally approved by the FDA last year," says Dr. Jochen. "This latest news affirms our experience with the product – that it does last up to one year – nearly twice as long as originally thought. And that's great news for patients."

If you'd like to learn more about Juvéderm and if this dermal filler is right for you, just give us a call at 416-6971.

~ The Vbeam® Laser: Get the Red Out ~

Are you bothered by broken facial capillaries, rosacea or red spots on your face or body? The Vbeam Laser is an ideal treatment option.



The "V" stands for vascular, which refers to blood vessels. The Vbeam laser produces an intense but gentle burst of light that selectively destroys the blood vessels of vascular lesions without damaging the surrounding skin and tissue. It's an effective treatment for a range of skin conditions including:

- Rosacea
- Facial and leg veins ("spider" veins)
- Scars
- Red birthmarks (hemangiomas and port wine stains)
- Poikiloderma of Civatte (uneven coloring of the neck and chest)

The Vbeam is also effective in the treatment of warts and psoriasis, and improves the appearance of scars, stretch marks and dark circles under the eyes.

How does it work?

The Vbeam's laser energy passes through the skin to the blood vessels that you wish to eliminate, where the energy is absorbed by pigment in the blood, causing selective damage to the lining of the target blood vessel without damaging the surrounding tissues. It is safe and effective – so safe, in fact, that it's been used to successfully treat port wine stains on infants as young as a few weeks old.

Treatment usually requires no local anesthetic (although it's available if needed), and causes no scarring.

Are there any side effects?

Short-term side effects may include skin reddening in the treated area or localized swelling, which typically lasts less than a day. Occasionally there can be increased or decreased skin pigment in the treated area; this generally resolves after several months.

How many treatments are needed?

Simple facial broken vessels or red dots on the body may require only one or two treatments, while more advanced stages of rosacea may take four or five. On average, treatment can be performed every four to six weeks on the face. The length of the procedure itself can range from a few minutes for a few spider hemangiomas, to an hour or more for very extensive blood vessels on the face.



"Vbeam is safe and effective --- so safe, in fact, that it's been used to successfully treat port wine stains on infants as young as a few weeks old."

Is Vbeam right for you?

Just give us a call at 416-6971 to schedule a complimentary consultation to discuss whether Vbeam is right for you.

~ Wake Up Your Skin with CoffeeBerry! ~

The skincare industry hasn't been quite as excited about a new product since Retin-A came on the scene more than a decade ago. The buzz is all about an ingredient called coffeeberry extract, which appears to be the



shown to protect from UVA and UVB rays and its damage to the skin, and it's rich in polyphenols, which are believed to defend against cellular damage to the skin.



most potent antioxidant yet discovered – more powerful than green tea or pomegranate which, up until now, were the antioxidant frontrunners.

Coffeeberry refers to the whole fruit of the coffee bush; it's a red berry that contains the coffee bean. The coffeeberry extract has been

The scientists at Stiefel – the world's largest independent pharmaceutical company specializing in dermatology – have developed the first and only professional anti-aging skincare line formulated with coffeeberry. Launched earlier this year, their RevaléSkin product line is an easy-to-use, three-step system that includes a facial cleanser, day cream with SPF 15, and a revitalizing night cream.

To learn more about this exciting new product, call us at 416-6971 or stop by the office.

~ FOR YOUR CONVENIENCE - Dr. Jochen Makes House Calls! ~

If you'd like to have a treatment in the privacy of your home, Dr. Jochen is available to make house calls. **Procedures available for home treatment include:** Botox®, Dermal Fillers such



as Restylane™, Radiesse™ and Juvéderm™, IPL™ Foto Facial™ and Vela Smooth™ laser. The fee is \$1,000 plus the cost of the procedure.

~ The Illuminize Peel™ - A Novel Approach ~

If you're considering a chemical peel – especially if you've never had a peel before – but are wary of how intense the treatment might be, a good option is the Illuminize Peel.



The Illuminize Peel is indicated for photo-damaged skin (the clinical term for sun-damaged skin), fine lines and wrinkles, and irregular pigmentation. And in our experience, it's a very good option for the first-time chemical peel patient or patients seeking a gentle, very superficial peel.

This peel utilizes a novel approach to chemical

peeling with a newer generation of alpha-hydroxy acids in combination with a substance called phytic acid and some other commonly used peeling agents. When used together, these ingredients maximize skin rejuvenation and minimize skin irritation, so there's little downtime or discomfort.

The Illuminize Peel produces consistently good results, including:

- Increased skin radiance and "glow"
- Skin tightening and the restoration of a more youthful appearance
- Improved clarity, color and skin texture – with little or no visible peeling

Want to know more? Just give us a call at 416-6971 or stop by the office.

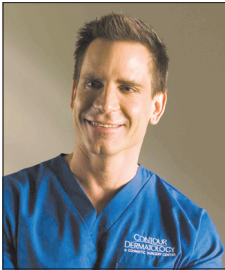
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~ Complications of Permanent Makeup and Tattoos ~



Timothy M. Jochen, M.D.

without applying makeup every day.

But while tattoos and permanent makeup may seem low-risk, they can actually cause some serious health problems. I sometimes see patients who experience an allergic reaction to the pigments used in tattoos and permanent makeup, but there are other even more serious complications that can occur:

- **Granulomas** – These bumpy nodules can form around areas of material (like tattoo ink) that the body perceives as “foreign.”

- **Keloids** – Keloids are scars that grow outside the boundaries of a wound. There’s a risk that keloids will develop around the area where permanent makeup is applied.

- **Infection** – There’s a risk of local infection whenever the skin’s protective barrier is broken. And the use of unsterilized tattooing instruments may infect patients with serious diseases such as HIV and hepatitis.

Why do people decide to get rid of tattoos?

Tattoos fade over time, styles change, sometimes names/words were spelled incorrectly or people tire of the location of the tattoo.

My advice is caveat emptor – buyer beware – when it comes to tattoos and permanent makeup. Applying makeup everyday isn’t so onerous when measured against the potential risk of cosmetic tattooing. Plus, you can change your look whenever you want!