

Olympic Dermatology and Laser Clinic Dermatology Today



Fall 2009 Volume 12

424 Lilly Road NE * Olympia
WA, 98506 * 360-459-1700
www.olympicdermatology.com

Message From Dr. Brazil



I am proud to announce that Olympic Dermatology and Laser Clinic is the **FIRST** in Washington to offer the upgraded Thermage procedure with the **CPT system (Comfort Pulse Technology)**. The new software and tip redesign offers more uniform delivery of energy, enhanced tissue tightening, and vibration which dramatically improves comfort during your treatment.

Our **RESTOR** protocol incorporates this and other advanced technologies to give you maximum skin rejuvenation with the least amount of downtime. **Please join us for a Night of RESTOR!**

November 3, 2009


OLYMPIC DERMATOLOGY
& Laser Clinic

JAMES BRAZIL, MD
Board Certified Dermatologist
Thomas Winckler, PA-C
Jennifer Cozart, PA-C
Geneva Tzenov, ARNP

Evening Of Beauty Featuring RESTOR

RESTOR: Reproducible and Effective Skin Treatment Options for Rejuvenation

Navigating the options for rejuvenating your skin can be confusing. You want to spend your money wisely, and achieve the results that you expect. That means you need options, and you need to understand how to use these options to your advantage. Our mission at Olympic Dermatology and Laser Clinic is to provide you that service.

With 21 years of experience and an extensive investment in technology, we have created the **RESTOR** protocol of skin rejuvenation. The **RESTOR** protocol addresses the combination of problems that most detract from your appearance: an aged skin surface, a loss of facial volume that deflates your mid-face, and an increase in skin laxity that creates folds and sagging skin. The protocol can be used for mild and early skin changes or more significant aging problems too; we individualize it for you.

First, we rejuvenate your epidermal cells and dermal collagen. Nobody looks good with yellow skin tones, a red nose, brown age spots and wrinkles. Depending on your specific problems we utilize either a **Lumenis**

1-IPL device for photorejuvenation, or a **Fraxel** laser for fractionated laser resurfacing. These rejuvenating procedures are done to reduce age spots, redness and wrinkling. Your new collagen is also more elastic and less yellow, with a vibrant and healthy glow. Basically, you have younger skin.

Second, we perform a single **Thermage** skin-tightening procedure. This is a radiofrequency-based thermal heating device that stimulates collagen production in the deep dermis, and shrinks existing collagen bundles throughout. The result is a lifting and toning of your skin, which restores your face's natural contours.

By combining these procedures we maximize their benefits. This is a $1 + 1 = 3$ outcome! At this point you have completed the core of facial rejuvenation. Your skin surface is younger and your skin's deeper layers are tightened.

If your face has also lost volume, your RESTOR protocol will include volume correction. We have extensive experience in many procedures to correct lost volume, using a **variety of facial fillers**. The goal is to restore lost volume in the lips, recreate a youthful curve in the upper cheek, and correct deep wrinkles around the mouth and nose.

If you have developed a heavy jowl and sagging neck skin, your RESTOR protocol will include **liposuction** of the jawline and possibly neck. This is a minimally invasive treatment that is the gold standard for rejuvenating these critical areas.

Call today and learn more about how an individualized **RESTOR** treatment protocol can benefit you with a complimentary consultation. At Olympic Dermatology and Laser Clinic, we have the expertise to help you look your best!

Evening Of Beauty Featuring RESTOR!

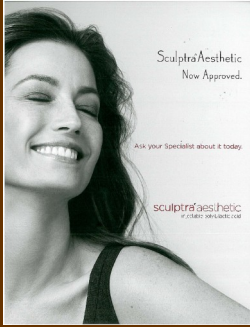
*Learn more about the
benefits of RESTOR

*Free professional
Jane Iredale make-up
color match

*Live Demonstration of
our New CPT Thermage

*Gifts and exclusive
Discounts for many
procedures and products

November 3, 2009
5:30—7:00 pm
RSVP: 360-459-1700



Sculptra®Aesthetics Receives FDA Approval

As of July 29, 2009, the FDA has officially approved Sculptra for the correction of shallow to deep nasolabial lines and other facial wrinkles. Sculptra has been commonly used off label for restoration of the aging face to restore lost facial volume and increase skin elasticity.

Sculptra is a safe biocompatible material that is injected below the surface of the skin. It's made up of micro particles of poly-L-lactic acid. Once injected Sculptra stimulates the skin to create new collagen, for a more youthful skin tone and appearance.

Sculptra is usually injected in a treatment regime of 3 to 4 injections spaced at 3 week intervals. Clinical studies have indicated that correction can last up to 25 months after the last injection.

Call for a consultation to see if you are a candidate for this long lasting facial filler- **Sculptra®Aesthetics**

Melasma Options and Opportunities

You may have heard your doctor say that you have hyperpigmentation. It is actually a very common skin condition. Hyperpigmentation is an excess of pigments in the outer (epidermal) and possibly the middle (dermal) layers of the skin. The amount of brown pigment, known as melanin, determines visible differences in people's skin color. If you have an abnormal excess of melanin in a particular area, then you have a condition called hyperpigmentation. A common type of hyperpigmentation is Melasma, which is dark-colored patches that usually occur on the face. Hyperpigmentation can be notoriously challenging to treat and Dermatologists must work closely with patients to develop effective treatment regimens. Only at Olympic Dermatology will you find the widest array of advanced treatment options to maximize your chance of success.

Our combination approach to treatment starts with medical grade skin care regimen to stimulate the turnover rate of epidermal cells. We add a prescriptive 4% hydroquinone lightening medication and broad-spectrum (UVA/UVB) sunscreen protection. Don't forget your hat! Sun avoidance and sun protection are critical elements of therapy for patients with hyperpigmentation.

Your treatment plan may include one or a combination of the following treatments:

Chemical Peels are topically applied acids that aid in the restoration and rejuvenation of the skin's surface. Safe for all skin types, a series of peels can improve the texture of sun-damaged skin, and help exfoliate uneven pigmentation in the epidermal layer of the skin.

Vibradermabrasion™ is a chemical free way to effectively exfoliate. Safe for all skin types, a series of treatments can reduce age spots and uneven hyperpigmentation. You will also benefit from collagen growth so your skin will be soft, smooth and polished.

Fotofacial™ treatments are an advanced rejuvenating treatment using Intense Pulsed Light (IPL). IPL selectively targets pigment and redness. A series of procedures treats hyperpigmentation, spider vessels and redness. You will also be building collagen to reduce fine lines and enlarged pores, thus rejuvenating your sun-damaged skin.

Fraxel laser treatments resurface the skin in a non-disrupting manner. The Fraxel laser uses microscopic laser beams that penetrate the skin's surface to replace old, damaged skin cells. **CONT on page 3.....**

Welcome Connie, Our New Aesthetician



You may have already met Connie, who has worked as our aesthetician and receptionist since 2008. However, we are pleased to announce that she will be working solely as our aesthetician starting in the Fall. Besides Olympic Dermatology and Laser Clinic, her work experience includes being a spa director and aesthetician in Portland, Oregon from 2005 to 2008.

Connie will offer a full array of services including complimentary Visia™ digital facial analysis, skin care consultations with discussion of our full array of cosmeceutical products, jane iredale mineral make-up color matches, chemical peels, Vibradermabrasions™, and laser hair removal services. We are proud to add Connie's service to our cosmetic program at Olympic Dermatology and Laser Clinic!

Filler Super Saver!

Replace lost volume, accentuate your best facial features, and decrease those lines and wrinkles!

We now give you **10% off** your second syringe of a facial filler. It's now easier to achieve complete correction!

Call for a Complimentary Consultation

Melasma cont from pg 2

This reduces hyperpigmentation in both the epidermal and dermal layers of the skin.

The **MedLite** Q-Switched YAG laser is another advanced laser system for removing pigmented lesions. The MedLite laser emits a specific wavelength of light that breaks up melanin. The unwanted pigment fades away. A series of treatments also gives you softer, smoother skin.

Schedule a free laser consultation to start working on your individualized treatment plan.

Hair Loss—A Male and Female Dilemma

Hair loss affects men and women, and nearly everyone hates it. It can be sudden or slowly progressive, diffuse or patchy, associated with irritation or without symptoms, temporary or permanent. A full discussion is obviously beyond the scope of this article, but I will touch on the most common types of hair loss.

A sudden and dramatic hair loss is a cause of great worry to patients. The most common type is called a Telogen Effluvium. Hair follicles have three growth phases: anagen, catagen, and telogen. The telogen phase is a resting phase where no hair growth occurs, and normally lasts about 3 months on the scalp. An average of 7% of hair is normally in this phase. The hair you see on your brush is all telogen phase hair that has been released when the follicle re-enters its actively growing anagen phase, which lasts about 3 years. A Telogen Effluvium occurs when a sudden event flips multiple hairs into an early telogen phase; classically this could be a severe illness or recent pregnancy. Up to about 60% of hairs can be affected, and months later when they leave

telogen phase, they fall out. Because the follicles have begun producing a new hair again, the hair loss slowly resolves. We establish the diagnosis by determining the anagen to telogen ratio of the patient's scalp, and ruling out other less common causes of sudden hair loss.

A slowly progressive hair loss has many possible causes. Both men and women can inherit a hair loss trait that occurs with aging. It is a patterned hair loss generally affecting the temples ("widow's peak") and crown of the scalp. Men are particularly prone to hair loss at the back of the crown. In women, a similar patterned hair loss can occur with excessive production of male-type hormone production. These hormones also generally trigger acne, facial hair growth, and an increase in libido. Causes include polycystic ovarian disease and abnormalities in pituitary, adrenal and ovarian function. When an underlying disease is not present, both men and women can benefit from the application of

minoxidil solution (Rogaine). Men can also benefit from oral finasteride (Propecia).

Metabolic problems can also cause hair loss. Anything that slows cell growth can cause hair loss. Low body iron stores, even without a documented anemia, can do this. Low thyroid hormone levels will too. Obviously chemotherapy drugs cause hair loss, but in some individuals other prescription drugs can as well. Sometimes the only clue will be the timing of a new medication with a progressive hair loss first noticed several months later.

T h i n e y e l a s h e s (hypotrichosis) are common and usually a genetic trait. Hypotrichosis is now treatable with Latisse. This topical form of a glaucoma medication is applied to the eyelash margin and most women have a dramatic thickening and lengthening of their eyelashes. This is a very popular item we sell at our clinic.

Hair loss often requires a thorough medical evaluation. When a specific condition is diagnosed, then a treatment plan can be designed. Clearly hair problems are complicated, and more options beyond the scope of this article exist. Whatever your hair problem, we can help.

"Tighten Your Face, Stomach, Thighs, and Buttocks!!!!"

15% off Thermage Procedure with Advanced Comfort Pulsed Technology

Present this ad and receive 15% off any facial or body Thermage procedure with the latest "painless" technology. Consult and procedure must be performed before November 15th. Only 1 discount can be applied.

12 months, no-interest financing available

New Elette' Skin Clarifying System



We are pleased to now offer **Elette' Skin Clarifying System** for acne prone skin. This system contains 3 products: a BP creamy wash (benzoyl peroxide 4%), an exfoliating SA solution (salicylic acid 0.5%), and a zone BP treatment (benzoyl peroxide 8%). This system has been proven effective to reduce acne breakouts while keeping your skin hydrated and soft. Call for a complimentary consultation with Connie our esthetician.

Elette' Creamy Wash is a BP wash delivered in a foaming moisturizing cleanser that smoothes and softens your skin while decreasing the number of bacteria which cause pimples.

Elette' Exfoliating Solution is a SA solution that loosens dead skin cells while providing deep cleansing of the pores to minimize acne outbreaks.

Elette' Zone Treatment delivers BP in a hydrophase gel which allows a more efficient delivery into the skin. Because there is less surface accumulation of BP, less topical skin irritation occurs.

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Jane Iredale's Fall Collection Offers a Silver Lining



Lift your spirits and brighten your days with the new Fall **Silver Lining Collection** from Jane Iredale. This new collection has stunning hues of steel grays, deep blues and illuminating metallics. This collection includes:

***Silver Lining Triple Eye Shadow** – A dazzling addition to the collection with three rich shades – twilight grey, glistening silver and shimmering charcoal in a compact. This intense pigment provides long-lasting wear and smoldering color.

***Indigo Colored Midnight Blue Pencil** - Blue is the new black! The intense indigo eye pencil will brighten the whites of the eyes for a perfect starry eye.

***Silver Liquid Eye Liner** - Add glamour to lash lines with subtle shimmering silver. This quick-drying formula is long-lasting and easy to apply.

***Double Highlighter Pencil** – Dazzle with this chic dual-ended, jumbo sized highlighter pencil with gilded gold and glowing copper shades. This pencil may be used to highlight cheekbones and brow bones, line the eyes and emphasize the lips.

***Hazelnut Puregloss** – The lip gloss you know and love is now available in a sparkling nutmeg shade with a touch of copper. Tingly-mint and ginger plumps the lips up naturally. You'll look bold and sure to dazzle!

Call our office to schedule a complimentary color match to try out this beautiful new collection.