

Olympic Dermatology and Laser Clinic Dermatology Today



Fall 2010 Volume 14
424 Lilly Road NE * Olympia
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Olympic Dermatology and Laser Clinic
proudly announces our Partnership with

blink
TATTOO REMOVAL EXPERTS®

Message From Dr. Brazil



Evening Of Rejuvenation

Nov 15, 2010

5:30 to 7:00 pm

*Learn more about the
benefits of RESTOR

*Free professional jane
iredale make-up color
match

*Explore the Blink Tat-
too Removal Experience

*Gifts and exclusive
discount towards a
cosmetic laser proce-
dure

\$25 Registration fee
includes gift bag and
15% of f products

RSVP: 360-459-1700

As of October 4, 2010, Olympic Dermatology and Laser Clinic will be one of 4 exclusive locations for state-of the art removal of tattoos. Blink® facilities represent the highest level of customer service delivered in a safe medical environment under the direct supervision of a professionally trained Dermatologist or Plastic Surgeon. Presently, 4 clinics are working together in the Seattle, Bellevue, Edmonds and now Olympia region. Olympic Dermatology and Laser Clinic has over 15 years of experience with tattoo removal and has been a leader in the South Sound for cutting edge technology and quality patient care. As a Blink Tattoo Removal Center, we're committed to using only the safest and most effective laser technology to ensure the greatest likelihood of removal.

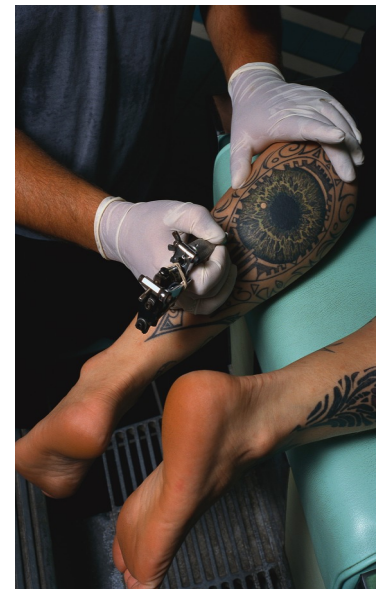
mon and the demand for tattoo removal services continues to grow. In 2006, a Pew Research Center survey revealed that one out of three Americans, 18-25 years old, have one or more tattoos along with 40% of 26-40 year old Americans. The total number of tattoos nationwide has gone from 3% in 1936 (Life Magazine) to greater than 20% in a recent Harris Poll survey. Furthermore, 50% of those tattooed want them removed(American Society of Dermatologic Surgery).

Olympic Dermatology and Laser Clinic uses a MedLite C6 Q-Switched YAG laser for tattoo and pigment removal. The Q-Switched YAG laser creates an invisible beam of light that is pulsed at a billionth of a second. The tattoo ink is fragmented and subsequently reabsorbed over a 6 to 8 week period. The MedLite C6 allows us to treat multiple tattoo colors. This new system utilizes 4 different wavelengths of light to improve the safety and effectiveness of each treatment .

For better or worse a tattoo is symbolic of a time in one's life. While there are many reasons to remove a tattoo we've found our patients are highly motivated to remove a former partner's name, a poorly done tattoo, a tattoo that has changed over time, or visible tattoos in order to comply with a job or organization's code of appearance.

Laser Tattoo Removal

Nationwide, tattoos have become increasingly com-



2010 Psoriasis: Recent Therapies, Reviews, Research

Psoriasis remains a very problematic skin disease. Affecting some 7.5 million Americans, it's red, scaling skin lesions itch, burn and generally torment our patients. Psychologically severe psoriasis causes more anguish than any medical problem except congestive heart failure. It can dramatically reduce a person's quality of life, and also increases their chance of heart disease and lymphomas. Yet psoriasis is still sometimes trivialized as just a rash, and often undertreated. Many patients have simply given up on treatment out of frustration. So, what can we do differently and better? At Olympic Dermatology we have a full arsenal of powerful weapons at hand to get psoriasis under control, and we take advantage of new technology to better treat it.

While the mainstay of psoriasis remains topical anti-inflammatory steroids, we understand the difference

that potency and vehicle make. A small tube of a mild steroid in an unpleasant greasy vehicle is certainly unacceptable to a person with widespread psoriasis that involves thick skinned areas like knees and elbows, or the hair-bearing scalp. We choose the right molecule in the best vehicle and teach patients how to use the medication correctly and safely. In addition, many patients have areas that refuse to clear or quickly recur; we might try calcipotriene ointment or solution on these areas, or move to phototherapy.

Phototherapy utilizes either narrow-band UVB or UVA light and can clear large areas of psoriasis and even induce a stable remission. For severe and disabling psoriasis we might choose cyclosporine to quickly gain control, then move to other safer treatments for long term management. For moderate to severe

psoriasis we often use methotrexate, and for those in which that is contraindicated or has failed we use the full array of modern "biologic response modifiers", like Enbrel, Humara, Amiveve and Stelara. These drugs target specific molecules involved in the inflammatory cascade that leads to psoriasis, and can quickly and completely bring psoriasis under control. The side-effects and risks of these medications need to be carefully considered, but in the proper patient they are life-changing drugs.

More than anything we put our patients first. The cost of treating psoriasis can be significant, and we frequently have to negotiate complicated treatment guidelines imposed by insurance carriers to obtain the best treatment for our patients. If you or someone you know has psoriasis, we would be honored to help.



Welcome Julie, our new Physician Assistant

Olympic Dermatology and Laser Clinic proudly welcomes our new board certified, masters prepared, Physician Assistant Julie Bottom. Julie is a graduate of Oregon Health & Science University, School of Medicine, in Portland, Oregon and has been practicing as a Physician Assistant since 2005. Her clinical experience has included working as a Physician Assistant at the Vancouver Clinic, the Center for Dermatology and Laser Surgery, and the VanderVeer Center for Aesthetic Medicine in Oregon.

Julie also has extensive experience as a nutritionist with a Masters of Science, Clinical Nutrition, from the University of Alabama. Her practice history includes research, academia, and clinical nutrition at the University of Tennessee and St. Jude Children's Research Hospital. Julie is presently working under the direction of Dr. Brazil and we welcome her!

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RESTOR Combination Benefits— Liposuction and Thermage

In 2009, Olympic Dermatology and Laser Clinic established the RESTOR program. The RESTOR protocol addresses the issues of sun damage and aging by combining complementary therapies. Combining therapeutic technologies maximizes the benefits and produces greater outcomes than for any single procedure. It is a 1+1 = 3 win for all patients.

While we have multiple RESTOR protocols, one popular RESTOR package involves the combination of Liposuction and Thermage. A Thermage procedure involves the non-invasive use of a radiofrequency device to deliver energy deep into the dermis. Over the next 6 months, collagen contraction, tightening and new collagen

is produce.

Facial liposuction is performed to address the concerns of jowling and fat pads that can occur along the jawline and neck. During the office procedure, a small cannula with suction is inserted into the areas of fat deposits to help tone the skin.

Combining Thermage and Liposuction can produce a 2 fold increase in tightening over conventional liposuction techniques. By removing these fat deposits, the overlying skin contracts against the underlying musculature, producing more defined contours, a measurable reduction in facial volume, and improved skin tone and texture.



Pre



Post

WHAT'S IN FOR FALL 2010

CROP TOP SCANDINAVIAN SWEATERS (BELIEVE IT OR NOT!)

EXAGGERATED CAT-EYES

LAVENDER CHEEKS

DEEP PLUM OR CORAL NAIL POLISH

“SOCIAL NETWORK” MOVIE

SOCKS WITH HEELS AND OXFORD

TOGGLE COATS

UPDOS

FEDORAS

POWERFUL BROWS

EVERYTHING “MAD MEN”

Pure Impact

Fall 2010 collection from jane iredale



This fall jane iredale, our skin care mineral makeup, has introduced rich colors to flatter brown, green or blue eyes. Each component contains 5 palates of beautifully matched eye colors. The new Eye Steppers are color coordinated so no more guessing which shades are right for you!

Eye Steppers™ - Three Compacts, One Simple Solution:

goGreen includes:

Allure, Iris, Sepia, Slate and Grape

goBlue includes:

Oyster, Rosy, Taupe, Swiss Chocolate, Smoke.

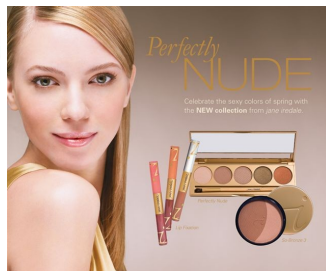
goBrown includes:

Sea Green, Blue Sky, Tan, Forest, Licorice

You're invited to our Night of Rejuvenation!

424 Lilly Road NE
Olympia WA, 98506

Lip Fixation™ - Double-Beauty Duty



Get double-beauty duty with two products in one. Each Lip Fixation™ boasts a lip stain and lip gloss in complementary colors. Packed with botanicals, the stain actually soothes and pampers lips for comfortable, buildable coverage without feathering or drying.

If you're ready to commit to saturated, picture perfect color, cozy up to three irresistible new shades: Sultry Coral (Fetish), Cool Plum (Devotion), and Timeless Red (Rapture). This long wearing lip color is here to stay (and stay, and stay).