



*Doesn't Your Skin Deserve
its Own Doctor?*

**Only at Olympic Dermatology & Laser Clinic
will you be cared for by a Board Certified
Dermatologist and medical team dedicated to**

Medical, Surgical & Cosmetic Excellence

**Trust your face and body to a real skin expert with
years of experience and choose from the widest
array of safe, effective, technologically-innovative
treatment options available**

**Call 360-459-1700 today for a complimentary
Cosmetic Dermatology Consultation**

OLYMPIC DERMATOLOGY
& Laser Clinic

JAMES BRAZIL, MD
Board Certified Dermatologist

Thomas Winckler, PA-C
Jennifer Cozart, PA-C
Geneva Tzenov, ARNP

424 Lilly Rd. NE, Olympia, WA 98506
www.olympicdermatology.com

Radiant Skin for a New Year Q&A with Dr. Brazil

**Q. I know there are many options
for improving my skin's appearance.
But what if I want to start with just the
basics?**

A. It begins with home-based skin care. A new year is a good time to start fresh with an effective daily skin regime. Remember, looking older is not completely inevitable. With proper care, you can avoid wrinkles, age spots and coarse, leathery skin changes. I recommend the Clarisonic cleanser to gently clean your face and remove build up from pores and fine wrinkles. When used regularly, skin moisturizing or revitalizing products will penetrate deeper and work better. Be careful to choose products that are based on scientific research, such as Skin Ceuticals, Neocutis Journee' or Revalé'skin™ Antioxidant. Using "skin care" make up not only looks good but is good for you. I recommend Jane Iredale Mineral Cosmetics. With virtually no allergy risks, it won't block pores and is anti-inflammatory and anti-bacterial. Finally, most aging changes are due to ultraviolet damage, especially UV-A, so a broad-spectrum sunscreen used daily is critical. If damage has already occurred, I recommend asking a qualified dermatologist about other product lines that offer more active rejuvenation.

**Q. I've seen how dermal fillers can
work to make your face look younger
but I'm concerned about cases where the
treatment effect was lopsided or caused
bruising. Can I expect that?**

A. No, because it's all in how you inject the dermal fillers. I reviewed a 2008 article in Dermatologic Surgery on this specific topic. The authors are well-known to me and I respect their data. They found that the risk of bruising, swelling and tenderness immediately after treatment with the der-

mal fillers Restylane and Perlane is directly related to rapid injection, overcorrection and a fanning injection technique. This reaffirms the need to find a qualified dermatologist for your procedures. Remember, experience counts, and dermal fillers are technique-dependent. In addition, when I started practicing dermatology 20 years ago we only had one dermal filler. Now there are many fillers and new uses for them. For example, an important new technique involves re-inflating the mid-face. Think of a baby's chubby round cheeks and look at an aging face to understand what has been lost. By restoring that normal mid-face volume the cheek skin lifts and a younger, natural mid-face is recreated.

**Q. Although it's still cold outside, I'm
thinking about smooth, sleek skin for
warmer weather. Must I start now to
look great later?**

A. Now is a good time to begin and permanent hair removal with the Light Sheer Laser System is the way to go. Patients tell me it's a superior way to rid your face and body of unwanted hair — compared with shaving and resulting rashes, painful, inconvenient waxing and depilatories, and tedious, ineffective electrolysis. With the Light Sheer™ Diode laser, a cool gel and hand-held treatment unit are applied. Then, pulses of light safely penetrate the skin and disable hundreds of hair follicles simultaneously. When the gel is wiped off, some of the hair is removed with it. The remaining hair falls out within two weeks. There is no damage to other parts of the skin, so the procedure is extremely safe and most effective with dark colored hair. Any body site can be comfortably treated. I've found that most people get the best result with four to eight treatments. **B&M**

*Dr. James Brazil,
Board Certified
Dermatologist,
offers more advice
and insight on
his blog at www.olympicdermatology.com.*

