

# Olympic Dermatology and Laser Clinic Dermatology Today

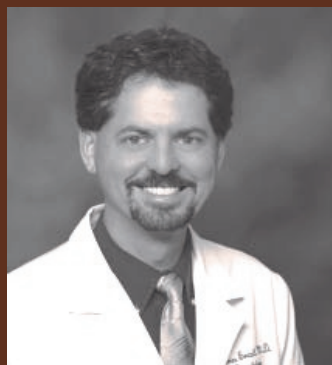


Winter 2009 Volume 11

424 Lilly Road NE \* Olympia  
WA, 98506 \* 360-459-1700

**You're Invited to an Afternoon of Rejuvenation at the newly remodeled Olympic Dermatology & Laser Clinic.**

## Message From Dr. Brazil



### 2009 Welcomes Changes

After 18 years in Olympia, I am excited to present a new and improved Olympic Dermatology! Not only is our facility expanded and remodeled, but we have the honor of welcoming a new medical provider too: Geneva Tzenov, ARNP. Despite the gloomy economy, we are confident in our future and look forward to meeting your dermatology needs for many years.

If you have been wondering why a construction crew has been recently camping on the office grounds, well Olympic Dermatology has undergone a complete transformation. The project started in November, and the crews are just now putting on the finishing touches. Our hope is by the end of February, our remodeling efforts will be complete.

Why such a rejuvenation? With the addition of Geneva Tzenov, ARNP to our clinic, new patient rooms were necessary for our growing practice. The waiting room has been enlarged and has new designer touches to provide a more relaxing environment. New carpet, comfortable furniture, educational TV's, and



a beverage area complete the project.

**Bring a friend and join us on Saturday, March 21 from 3-6pm** to experience our Medical, Surgical and Cosmetic Excellence. The event will be filled with educational opportunities, skin care products, discounts, gift bags, drawings, and delic-

ious foods and wine.

### **AFTERNOON OF REJUVENATION!**

**\*Learn the Latest in Skin Rejuvenation**

**\*Learn From the Experts  
\*Gifts and Discounts**

**March 21, 2009 3-6 pm  
\$25 deposit**

**RSVP: 360-459-1700**

## **MRSA—FACTs and FICTON**

Methicillin-resistant Staphylococcus aureus (MRSA) is not a new bacterial problem. Despite the recent media attention to extremely bad infections, we have had to deal with antibiotic resistant Staphylococcus (staph) since the 1950's, soon after the introduction of penicillin. So what makes MRSA so scary? Let's separate the facts from the media hyperbole.

After staph became resistant to penicillin, methicillin was

created. This antibiotic was the fallback drug, yet before long methicillin-resistance was encountered, too. Initially this occurred in hospitalized patients, but a different genetic type of methicillin-resistant staph then developed in the general community. Methicillin-resistance became the marker for multiple-drug resistant staph, and in the last few years it has become more common.

However, community acquired MRSA (CA-MRSA) is resistant to fewer antibiotics and is generally less aggressive than hospital acquired MRSA. CA-MRSA also creates the same general problems as non-resistant staph: boils, infected hair follicles, surgical wound infections, and impetigo are common types of staph infections. There are still commonly used antibiotics that will treat (CA-MRSA) as well.

  
**OLYMPIC DERMATOLOGY**  
& Laser Clinic

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

## Fabulous Lashes with "LATISSE™"

By Allergan

Olympic Dermatology is pleased to offer Allergan's new product **Latisse™**. Released in January, Latisse™ will help people with thin or inadequate eyelashes.

**Latisse™** is the first and only FDA approved treatment that has been clinically proven to thicken and lengthen eyelashes. This medication is applied like an eyeliner to your upper lid every evening. When used daily, Latisse™ help eyelashes become longer, thicker, and darker over time.

Call to schedule a consultation at 360-459-1700 to see if you are a candidate for this new prescriptive eyelash—enhancing medication.

### Your lashes | Real results

Unretouched photos of LATISSE™ users in the clinical trial at baseline and week 16.



The onset of effect with LATISSE™ solution is gradual. In the clinical trial, the majority of LATISSE™ users saw significant improvement by 2 months. Individual results may vary.

**Latisse™**  
(bimatoprost ophthalmic solution) 0.03%

Please see Important Safety Information on the back cover.

**Financing now available for many cosmetic procedures. Ask for details at your complimentary cosmetic consultation.**

## MRSA—FACTs and FICTON Cont...

So why the hysteria over CA-MRSA? Well, it tends to infect young, healthy people like athletes, military personnel, and others who are in close contact with other people. That would be the same group that is infected with any type of staph. Rarely, the bacteria will cause a more serious infection, like pneumonia, infected heart valves, or a deep skin infection. That too is the same as regular staph. The main difference is the more limited number of antibiotics available for treatment. Mercifully, CA-MRSA is also rare. In one study the incidence of CA-MRSA in an outpatient clinic was 7.5% of infections over 6 years.

Clearly any bacterial infection can be serious. Jim Henson, the creator of the Muppets, died of streptococcal pneumonia in 1990. Streptococcus generally causes a sore throat. Mariana

Bridi, a 20 year-old Brazilian model recently died of a Pseudomonas infection, a bacteria that generally causes urinary tract infections. Similarly, staph and CA-MRSA occasionally cause overwhelming infections.

Luckily, CA-MRSA and other bacteria are easily removed by daily bathing and, important point here, hand washing. There is no need to close schools or businesses, but good hygiene is important.

If you or someone you know develops CA-MRSA or regular staph, there is no need to panic, but pay attention to things like a fever, increasing pain and redness in a skin infection, or signs of other organ systems becoming infected. If ever a lesion becomes suspicious, notify the office immediately for a medical appointment.

Do you want to receive Dermatology Today electronically? Simply email us at [newsletter@olympicdermatology.com](mailto:newsletter@olympicdermatology.com) and we'll reply with the next issue!

Do you want more details on any of our cosmetic, medical or surgical dermatology treatments? Our website, [www.olympicdermatology.com](http://www.olympicdermatology.com), offers a wealth of useful information. You can learn about our staff, the numerous treatment options we offer, read patient testimonials, discover discount on cosmetic procedures, and prepare for your appointment. There is even a blog site for easy access to up-to-date information.

## Welcome Geneva, Our New Nurse Practitioner

Olympic Dermatology and Laser clinic proudly welcomes Geneva Tzenov, ARNP, MSN, to our office. She is a board certified Advanced Registered Nurse Practitioner and a graduate of Florida Atlantic University's Family Nurse Practitioner Program. She completed a Dermatology preceptorship at Boynton Beach Skin Institute, Boynton Beach, FL. She has undergone continued intensive Dermatologic training under the direction of Dr. Brazil and is presently seeing patients at our office.



## Adjunctive Rejuvenating Therapies—The Combination Benefits

Olympic Dermatology now offers a variety of rejuvenation therapies for the improvement of lines, scars, wrinkles, vascular and pigmented lesions and sun damaged skin. However, how does one select which therapies when the choices seem endless and confusing?

The goals of skin rejuvenation are very focused as one strives to achieve the four "R's". First, to lay the foundation for any program, one needs to retain and **replenish** the skin through the daily use of effective skin care products and sunscreen. Next, **relaxing** selective muscle groups with the use

of Botox Cosmetic™ injections can result in a reduction of dynamic lines around the eyes and forehead. **Refilling** facial wrinkles, thin lips, and areas of volume loss in the cheeks and around the mouth will recreate youthful facial contours. Finally, for treatment of moderate to severe sun damage, **restoring** the skin with the Fraxel laser, Thermage radiofrequency energy or Intense Pulsed Light offers the ultimate rejuvenation for tone and texture.

For people with less sun damage or those on a budget, we also offer chemical peels and vibradermabrasion.

The benefits of combining therapies have been avidly researched with recent studies demonstrating an overall enhancement of outcomes.

In 2005 Carruthers & Weiss, demonstrated that the combination of Botox injections and IPL therapy produced a better clearance of facial blood vessels. Researchers have theorized that Botox has a synergistic vascular effect besides reducing facial wrinkles. Another study is presently underway to demonstrate that facial fillers have a longer duration after Fraxel treatments.

For hand rejuvenation,

tone and volume enhancement is better achieved with the combined therapy of Radiesse Filler and a series of Intense Pulsed Light treatments.

Only at Olympic Dermatology can you obtain the breadth of success you need to achieve your ideal goal.

For a complimentary cosmetic consultation call:

**360-459-1700**

### COMBINATION TREATMENT SPECIAL

**15% DISCOUNT COUPON Off Botox or Facial Fillers  
( Restylane, Perlane, Juvederm, and Sculptra)**

**Present this coupon and receive a 15% discount off Botox or a Facial filler injection! Just schedule your treatment within 4 weeks of a FotoFacial, Thermage, or a Fraxel rejuvenating procedure. This discount applies only to newly scheduled procedures and may not be combined with other discounts. Call for a Complimentary cosmetic consultation.**

**Coupon offer expires April 30, 2009**

## Neocutis Cosmeceuticals—Facial Rejuvenation with PSP™

### Timeless beauty begins with NEOCUTIS skincare

At Olympic Dermatology we strive to offer you the best in innovative, effective skincare. NEOCUTIS pairs the precision of Swiss technology and biochemistry research for scientifically advanced skincare. Discovered after years of medical research conducted on wound healing and burn treatments, PSP (Processed Skin Cell Proteins) is an exclusive and proprietary skincare ingredient available exclusively in NEOCUTIS skincare products. PSP is the newest generation of a naturally balanced blend of proteins which include Human Growth Factors, Cytokines and Interleukins for beautifully ageless skin. All NEOCUTIS products are formulated with the power of PSP to enhance your skin's natural beauty.

- **Lumiere** – Have younger looking eyes in just 6 weeks with intensive line smoothing eye cream with PSP. PSP and hyaluronic acid help firm and hydrate the delicate skin under and around the eyes. Helps reduce dark circles and fine lines.

(Cont. next page)



## Aesthetic Staff Receives National Recognition



**Lin Watkins LPN**, has worked as Dr. Brazil's clinical nurse since 1992. She is also an expert injector of Botox and facial fillers for facial enhancement and

works under Dr. Brazil's direct supervision. Lin has been a consultant and trainer for several cosmetic dermatology companies and we value her expertise and years of experience at the Clinic!



**Patti Owens RN, MHA, CMLSO**, has worked with Dr. Brazil since July 2000. Besides working in the cosmetic laser field and consulting nationally, she was elected to the board of the American

Society Of Laser Medicine and Surgery (ASLMS). Patti also published her first book in January, as a co-author in conjunction with Pamela Hill RN and Malady/Cengage Publications. The book, "Lasers and Light Therapy" was written for new aestheticians/nurses.



**Sharon Olson RN, CMLSO** has worked in the field of lasers and aesthetic services since 2002. In 2008, she received the coveted "Nurse

Excellence Award", by the American Society of Laser Medicine and Surgery. This award is a tribute to renowned laser nurses in their field. Sharon has also recently been recertified as a medical laser safety officer.

424 Lilly Road NE

Olympia WA,

**You're Invited!**

## Neocutis Cosmeceuticals—PSP™ Cont...

- **JOURNEE** – Rejuvenate and soothe skin with this complete anti-aging day cream containing anti-oxidants, hyaluronic acid, PSP and UVA/UVB protection SPF 30+. Helps smooth the appearance of fine lines and wrinkles. A potent anti-oxidant blend of polyphenol rich green tea extract, stabilized vitamins C and E plus melanin act together to help protect against daily environmental assault.
- **BIO-CREAM**- Clinically proven to reduce the appearance of facial wrinkles after two months of daily use. Helps reduce the appearance of fine lines and wrinkles. Improves skin texture and tone for renewed radiance. Excellent for skin restoration and hydration after cosmetic or dermatologic procedures..
- **BIO-GEL**- Unique hydrogel combines the power of PSP and hydrating hyaluronic acid for an oil-free way to help restore elasticity and radiance to stressed skin. Helps reduce the appearance of fine lines and wrinkles. Oil-free hydrogel texture is ideal for men and oily skin.
- **HYALIS**- Fast acting hydrating serum with 1% Hyaluronic Acid delivers immediate moisture for youthful, radiant skin. Intensive hydrating action leaves skin supple and smooth. Helps soothe and hydrate stressed, irritated skin. Ideal for use with rosacea and acne medications.

**Now, you can keep your age a secret with the potent ant-aging effect of PSP**