

Olympic Dermatology and Laser Clinic Dermatology Today

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Current Status of Malignant Melanoma

Message From Dr. Brazil



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Lately?



Where can you go to find out about the latest beauty, health and skin care tips from experts around the world? Olympic Dermatology & Laser Clinic - on Facebook! Our page is loaded with articles, videos and links to helpful and informative segments about caring for your body's largest organ - your skin! Check our page frequently for coupons, discounts and special promotions for the products and services we offer.

Comment and "like" our posts or write on our wall, and you could be entered in our monthly drawings. Join our Facebook community to find out more!

Malignant melanomas continue to be a frequent problem presenting at our clinic. Just as for national trends, the number of melanomas seen has dramatically increased in the 23 years I have been practicing dermatology. The lifetime risk is now 1 in 58 Americans, compared to 1 in 1500 about 60 years ago. I thought it would be useful for our patients to know current important facts about melanomas.

Ultraviolet light is a proven cause of melanomas. The World Health Organization has listed ultraviolet light as a carcinogen just like nicotine and arsenic. The risk is particularly severe for young women. On the other hand, 18% of women and 6% of men still use tanning beds, and for women 18 to 24 years old, 33% still tan.

Sunscreen prevents melanomas. In the past there was some quibbling over how well sunscreen protected against melanomas, but it was thought that was due to my generation using sunscreens as "sun tan lotion", allowing them to spend more time in the sun. These sunscreens prevented sunburns but did not block

UVA. This same wavelength is in tanning beds.

Now there is a definitive study that proves sunscreen prevents melanomas; the study looked at the incidence of melanomas in Queensland, Australia (with the highest melanoma rate in the world) between people who used sunscreen daily and those who used it occasionally over a 5 year period. Ten years later, the daily sunscreen users had 50% fewer melanomas.

Once you have a melanoma your treatment depends on the stage. Early melanomas have a high cure rate with surgical excision. Late stage melanomas, which spread to lymph nodes or other body sites, have a very low cure rate. For patients who do not have enlarged lymph nodes on exam there has been an ongoing discussion of whether they should undergo a selective lymph node biopsy of a "sentinel node", the node that is most likely to have microscopic tumor spread. Patients who had melanoma in this node would then have all their lymph nodes in that area

removed. A recent review, however, showed no survival benefit after the procedure for any stage of melanoma. They did show that the procedure was useful for determining prognosis in patients with intermediate depth melanomas. I think that there will be more discussion over time, but for now I will continue to recommend the procedure for some patients. Other tests like chest X-rays, blood work and CT scans have not been shown to be of value in patients without signs or symptoms of the tumor having spread. We are modifying our protocol accordingly.

What about treatments for late stage melanomas? These patients have a poor prognosis with a lifespan measured in months. Bristol-Meyers is releasing ipilimumab for this group. For 15-20% of patients treated, their survival extended beyond 2 years, and for others it offered at least an additional 4 months. This is significant, because no other drug can match this success.

Bottom line— use sun screen, protect your skin, avoid tanning booths and seek medical help when you suspect any skin changes!

National Presentation on our RESTOR Combination Therapies

On March 31, 2011, our clinic was nationally recognized for an outstanding presentation of our research conducted by Dr. James Brazil, Patti Owens RN, and Sharon Olson, RN. This lecture was held at the prestigious national ASLMS (American Society of Laser Medicine and Surgery) conference in Dallas, Texas. The speaker was our own Patti Owens RN, MHA.

For the last 2 years, our clinic has utilized the RESTOR program for the treatment of sun damaged and aging skin. Combinations of various cosmetic procedures have been designed to improve facial wrinkles, redness, brown sun spots, sagging skin and loss of facial volume. The RESTOR program utilizes lasers, radiofrequency, IPL, liposuction, facial fillers

and/or Botox Cosmetic injections.

Our team reviewed the results obtained by 20 patients who had undergone the RESTOR program over the last year and completed their treatment regime and follow-up evaluations. Our study results, utilizing a non-biased scoring methodology, revealed successful facial rejuvenation outcomes equivalent, or better, to recent published articles.

Overall reduction in abnormal blood vessels and pigment ranged between 50%-90%. Mid-face laxity improvement ranged between 35% – 45%. These are great results and our audience at ASLMS was suitably impressed.

Bottom line, results are synergistic, like 1 +1= 3. Call for a free consultation and learn about what a RESTOR

package can do for you!



Pre Treatment



Post RESTOR
Liposuction/ Thermage



Home Devices—A Cure or a Curse!

Home devices using Laser and Light have made a scene in the consumer market and now can be bought from a variety of internet sites and retail shopping locations. They sound great - Remove your hair and erase those wrinkles at home in a cheap, easy to use device! However, buyers beware. These devices are low level in their application and results. There is a trade-off between cost, effectiveness and safety.

There are 24 home devices presently on the market and over 54% have no published clinical studies. Only 38% are FDA approved - and that seal of approval means that it is a "safe device" to use in the privacy of your own home - but no guarantees on any results! And it has been shown that safety measures can fail or be altered. On the few devices that have undergone clinical trials, benefits have ranged only between 27% and 41% improvements from 3-8 treatments. Most medical devices produce an average of 3 times the clinical outcome per treatment. Also, there are issues of when these devices are used on the wrong skin type, cause, or with medical conditions that are contraindicated for their use.

However, home devices, if used correctly, may be useful for low level maintenance treatment in between a more "medical" grade treatment at a dermatology office. At Olympic Dermatology, we offer lasers and light based procedures that are clinically proven to deliver safe and effective treatments. Feel free to ask us about any particular devices you are interested in. Learn more about our technology, our expertise, and the options available in the office and home with a complimentary consultation.

Now Introducing a New Treatment Regime for Facial Melasma

Many women struggle to control dark –colored patches on their face

Melasma is a common, disfiguring hyperpigmentation that many women struggle with. Hyperpigmentation is an excess of pigments within the skin layers. The amount of brown pigment, known as melanin, determines visible differences in 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 a dark-colored patch that usually occurs on the face. Melasma can be challenging to treat and long term remissions are difficult to achieve. Dermatologists must work closely with patients to develop an effective treatment regimen.

At Olympic Dermatology and laser Clinic, we network nationwide to seek new and improved ways to meet your treatment needs. At the spring ASLMS (American Society for Laser Medicine & Surgery, our colleagues had some very innovative ideas to share.

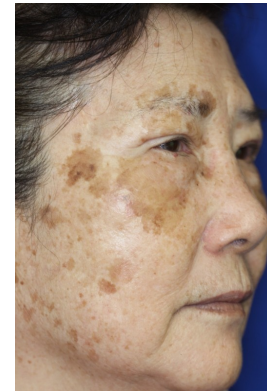
In the treatment of Melasma, recent studies showed improved success in the reduction of facial Melasma in all skin types with a combination treatment of Microdermabrasion, immediately followed by gentle Q-Switch Nd: Yag Laser treatment. This combination treatment is a simple, non-invasive procedure with minimal risk and minimal recovery time. Most patients feel a mild “sunburn” feeling post treatment that quickly subsides.

Why does this combination treatment work better than other technologies or methods? The Microdermabrasion increases your cell turnover rate followed by the Q-switched Yag that effectively breaks up the pigment.

This is combined with a medical grade skin care regimen that lightens, stimulates and protects the cells. Our goal is to help you successfully treat and manage your Melasma.

On average, 3 treatments are given at 4 week intervals. This is followed by maintenance treatments as needed. Treatment packages are available to

Call for a complimentary consultation and learn about our introductory pricing.



Pre Treatment



Post 3 Treatments

NexTech
The Complete Software Solution



We are pleased to announce our conversion to Electronic Health Records (EHR) over the 2011 year. The office will be closed on June 20th for training and preparation of the staff for this computer software conversion. Advantages to you, our patient, includes a more reliable communication between your health care provider, pharmacist and other health care team members. Our on-line health history forms, insurance forms and office policies will now be available to complete in the comfort of your homes. Fast and easy access to speed you along to healthy living has always been our goal.

However, please be aware that this conversion will take time, as we master the complexity of this multifaceted system. We are looking forward to a new seamless, efficient era and hope that you will enjoy the benefits with us.

We now offer an additional anti-aging treatment!- **Rejuvenize Peel**



Our aesthetician, Connie, has successfully offered the Illuminize Peel and the Vitalize Peel as a non-invasive treatment to fight the effects of time, sun damage, and environmental assaults. Connie and Olympic Dermatology are now excited to introduce an additional peel for even greater improvement in skin tone and texture.

The **Rejuvenize Peel** is an advanced formulation of peeling agents, with built-in anti-irritant and penetration enhancers that provide controlled exfoliation of the uppermost damaged layers of the skin. This powerful yet safe peel can take years off aging skin with predictable results and minimal down time. It is effective on all skin colors and types and reduces sun damage, fine lines, melasma, pigmentary changes and mild acne scarring. Contact our office for a complimentary consultation about our new **Rejuvenize Peel** to achieve younger, fresher skin!

424 Lilly Road NE
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Tantasia

A New Streak Proof Self Tanner!

A moisturizing, natural self-tanner for face and body that builds a gradual, natural looking tan within three days for optimum control and customization.

- Fresh citrus fragrance.
- Sensitivity tested for use on face and body.
- Provides natural hydration to the skin.

Now Exclusively Offered at Olympic Dermatology!

Schedule a consultation and also find out about the New Spring “**Just for Me**” mineral make-up collection!