

Winter / Spring
2008

www.olympicdermatology.com

Olympic Dermatology & Laser Clinic Newsletter



JAMES L. BRAZIL, M.D.

Olympic Dermatology & Laser Clinic

The year 2008 looks exciting as we enter into a year of new opportunities to revive, renew and rejuvenate your skin.

At Olympic Dermatology and Laser Clinic we look forward to exceeding your every goal and expectation.

Olympic Dermatology participates in flood relief for Lewis County

All of us at Olympic Dermatology are concerned about the state of our friends and patients in Lewis County who suffered through the recent catastrophic floods. We know many of our patients lost their homes and possessions, and others have donated significant time and resources to help them. We are proud that our staff and patients responded to our plea for help by donating \$580 into a donation box at our front desk. In addition, Dr. Brazil matched that amount and overall we delivered a check for \$1060 to United Way of Lewis County. Our hearts go out to the flood victims, and remind everyone that the hard work is not yet over in Lewis County, and continued contributions of time and money are needed.

Welcome to the New Year 2008!

Restoring youthful facial contours

Ever notice how your cheekbones appear flattened? Or how your cheeks are sunken, or your lips smaller and surrounded by wrinkles? These are all due to a loss of volume in your facial structures due to aging. Fat pads shrink and descend, creating a flattened midface with prominent "parentheses" around the mouth. Even muscle and bone lose volume. A face-lift was the old way to address the extra skin that resulted from the loss of underlying volume, but the result is unnatural. Instead of restoring youthful contours you obtain a tighter looking old face!

At Olympic Dermatology our cosmetic focus is on facial

rejuvenation, and by using certain "volumizing" agents we can best restore your previous youthful appearance. One type of filler we use contains hyaluronic acid. These fillers include Restylane™, Perlane™, and Juvederm™. These agents have unique properties that allow for optimal rejuvenation of the lips, cheek bones, "parentheses" around the mouth, and the hollows under the eye. They last up to one year and are extremely safe; since they are natural components of skin they have no allergic potential.

Another filler we use is Radiesse™. This product is composed of calcium hydroxyapatite particles and is a more sturdy and long-lasting material used for deeper furrows and hollows. It will last up to 18 months, and it stimulates natural collagen production

in your skin that provides some permanent correction.

The last filler we use commonly is Sculptra. This product is placed in the fat layer and stimulates collagen production for months. It is used when cheeks and temples are significantly hollowed by aging or weight loss and its effect lasts for years.

These injections are done painlessly with topical and local anesthetics, and people can generally resume normal activities quickly without downtime.

We invite you to learn more about how restoring your natural facial contours can make you look younger and healthier. Call for a free consultation. 360-459-1700

Authors: Sheila O'Reilly LPN/
James Brazil, MD

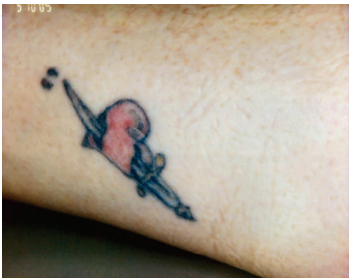


Before facial Filler



After Facial Filler

Tattoo Removal Popular at Olympic Dermatology



Before Tattoo Removal



After 8 Tattoo Removals—

The demand for tattoo removal services has grown rapidly over the last year. Nationwide tattoos have become increasingly common: according to a 2006 Pew Research Center survey, one out of three Americans 18-25 years old have one or more tattoos, with three out of four 18-40 year old Americans being tattooed as well. The total number of tattoos nationwide has gone from 3% in 1936 (Life Magazine) to 16% in 2003 (Harris Poll). The West has the highest incidence of tattoos at 20%.

Why are tattoos so popular? The same 2003 Harris Poll found that 34% report tattoos make them feel sexier and 29% report they feel more rebellious. Politically, 18% of Democrats and 14% of Republicans have tattoos. Furthermore, 50% of those tattooed want them removed (American Society of Dermatologic Surgery) with 16% of these unhappy people blaming the inclusion of a person's name in their tattoo. Due to this building demand, Olympic Dermatology pur-

chased a next generation Medlite C6 Q-switched YAG laser in 2007 to upgrade our tattoo removal technology. In short, it has been greatly appreciated by our patients.

This includes people like Teri, a registered nurse and one of our patients. "I am very happy with the results of my laser tattoo removal. I had permanent eyeliner removed, which previously had required a time consuming effort to cover with makeup each day before I felt comfortable leaving the house. Now, my morning ritual is so much easier, quicker and conducive to my very busy lifestyle", Teri says.

Our Medlite laser can remove, or modify for later changes, almost any tattoo with black, dark blue, purple, brown, red, orange, sky blue and green tattoo pigments. It is faster and more comfortable for the patient, and requires fewer treatments to achieve success.

We have been successful with both traditional tattoos

and more esoteric tattoos like permanent cosmetics of the eyelids and lips, traumatic tattoos (i.e. "road rash"), and the tattoos placed during breast cancer radiation treatments. It can also treat brown age spots, brown discolorations after a rash or injury, and melasma (a brown facial discoloration).

Call for a free tattoo removal consult if you have a tattoo you would like removed or modified. You can even change your political affiliation without evidence!

Authors: Sharon Olson, RN/
James Brazil, MD



Night Of Beauty Repeated by Popular Demand



Olympic Dermatology is pleased to announce a continuation of our "Nights of Beauty" in 2008. Our last event was enjoyed by all and received rave reviews. Our events will include the latest information on skin rejuvenation by Dr. James Brazil along with snacks, beverages and complementary gifts. Representatives from a variety of aesthetic companies and our staff will discuss many cosmetic procedures. These include Botox™, facial fillers for volume replacement and enhancement., Fraxel skin resurfacing for sun-damaged or scarred skin and the Thermage™ procedure for skin tightening and body contouring. Representatives from several cosmetic companies will address the latest advances in products. Free color matches by professional make-up artists from Jane Iredale make-up will be available. A raffle and discount coupons will add to the evening excitement for all attendees.

Invitations will be sent randomly throughout the year. See You there!!!

New facts about Rosacea

Rosacea is a common skin disease we treat at Olympic Dermatology. It is estimated to occur in 3% of the US population over age 30, which seems a conservative number. It is the cause of irritated red facial skin, abnormally severe flushing, acne-like pimples/nodules/cysts, and a proliferation of spider veins on the cheeks and nose. Less common problems include a dry/gritty eye syndrome, an enlargement of the nose due to large sebaceous glands, and pimples on the scalp and trunk. There is a predominance of women with rosacea, and the most common skin type is fair with blue eyes. We see plenty of men as well as darker skin-type individuals with rosacea too. The condition is genetically inheritable.

The treatment of rosacea is empiric. That means that while we have effective treatments, their use is

based on clinical experience, not on a scientific cause and effect basis. Recently, however, research has pinpointed the first specific abnormalities associated with rosacea. Richard Gallo, MD, PhD, Chief of Dermatology at UC-San Diego, recently published an article on the role of *cathelicidins* in the development of rosacea. Cathelicidins are part of our *innate skin immunity*; they are an evolutionary adaptation to the constant barrage of possible infections our skin is exposed to. Cathelicidins are toxic to many bacteria, and unlike our normal immune response, cathelicidins work immediately. They also help activate the bacteria-specific but slower immune response, if needed. They work along with another important protein, defensins, to prevent skin infections.

It turns out that in rosacea, cathelicidins are too much of a good thing. Normal skin has very low cathelicidin levels, but the inflamed skin of rosacea has a tremendous amount. Exposing normal skin to high levels of cathelicidins caused the development of classic rosacea signs and symptoms.

While it is clear that patients with rosacea have constant, abnormally high levels of cathelicidins, the next step will be to better understand how to specifically interfere with the production of these molecules to more effectively treat rosacea. Stay tuned, we're sure good things are soon to come out of this important research.

Author: James Brazil MD



Thank You for your support towards the American Cancer Societies' Relay for Life. A raffle was recently held for a pink Clarisonic in which \$270 of donations was received from supporting patients. The proceeds will be donated towards research for the cure of breast cancer.

What is Body Contouring?

As people age they commonly notice sagging skin and prominent fat pads involving the jowls, neck, arms, thighs, buttocks and abdomen. These problems are often resistant to aggressive dieting and exercise. The treatment of these problems is termed "body contouring", and it represents one of our specialties at Olympic Dermatology.

Facial aging often involves the descent of the cheek fat pad and the creation of a "jowl", or heaviness, along the jawline. At the same

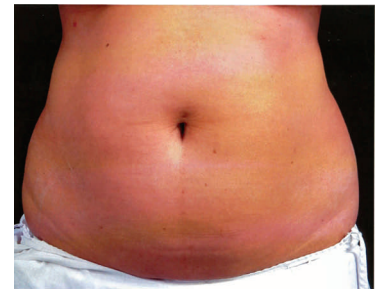
time there can be an accumulation of fat beneath the neck skin that worsens the tendency of neck skin to sag and create a "double chin". We have developed a combination of treatments to tackle that problem.

First, any extra fat is removed with liposuction. This procedure is done with a tiny canula and small hidden incisions; the downtime is short post-operatively. Liposuction alone triggers skin tightening, and this tightening effect is enhanced with a single Thermage treatment done within 2

months of liposuction.

Thermage™ is also used to tighten and recontour the arms, hips, buttocks and abdomen. Thermage involves a device that creates deeply penetrating radiofrequency waves. This energy heats fibrous tissues up to 2 inches below the skin surface, safely and effectively tightening and recontouring loose skin without surgery.

What about cellulite? This term was coined by the French, and refers to the "orange peel dimpling" that



Pre Thermage -
Courtesy of V. Belo MD



Post Thermage -
Courtesy of V. Belo MD

occurs on the thighs, hips and buttocks after puberty. Cellulite is thought to be due to swelling of subcutaneous fat that is enclosed within thin fibrous septae. The tethering of the septae to the overlying skin is what causes the dimpling that characterizes the appearance of cellulite. Unfortunately cellulite is resistant to exercise and weight loss, and only variably responsive to dietary restrictions like salt and alcohol.

We have evaluated treatments in the past, such as mesotherapy and endermologie, but our results and larger studies have not shown they work well. We are excited to

offer a treatment that does improve cellulite. The Thermoage™ company has developed a special tip that can deliver radiofrequency energy to both the fibrous septae and the deep fat layer. Along with maintaining a healthy diet and lifestyle, this treatment can successfully reduce cellulitic dimpling. The results are immediate and progressive.

This new technology will be available at Olympic Dermatology soon; be the first to improve your cellulite and take advantage of our introductory offer. Call for a free consult today!

Authors: Patti Owens RN / James Brazil MD

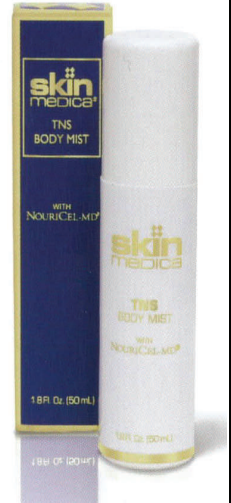
25% Off Of TNS Body Mist

Stop Your Skin From Aging!

TNS body mist is compounded with the rejuvenating strength of TNS Recovery Complex-NouriCel-MD. A proprietary mixture of human growth factors discovered through wound healing research.

NouriCel-MD is clinically proven to reduce fine lines, age spots, and blotchiness—anywhere on your body.

Add new life to your skin!



Recent customer satisfaction survey wins Olympic Dermatology an award for excellence

Olympic Dermatology recently participated in a survey of our patients. A random selection of 700 patients, chosen from each medical and cosmetic provider, was given a survey asking how they felt their experience went at our office. The questions ranged from their experience with scheduling an appointment, arriving at the office and checking in, meeting the nursing staff, interacting with our providers, and dealing with our business office.

We are proud to say that we received outstanding marks on all areas of the survey. We have used the information our patients gave us to further improve our customer service, and we plan to repeat the survey periodically. In addition, the independent testing service *BSN Consulting* awarded us with a certificate of excellence that we are proud to display. We hope you are satisfied with our service too, and invite you to share your thoughts (good and bad!) with us at any time.

**Experience the
Excellence !!!**

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