

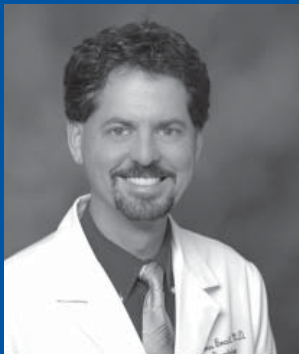


# Dermatology Today

**Valuable patient information about medical and cosmetic dermatology treatments from Dr. James L. Brazil, Board Certified Dermatologist**

Spring 2007 Volume 10

## **A message from Dr. Brazil**



Spring is a time for renewal, and you'll notice we've changed the name of our newsletter to better reflect what we offer our patients: the latest and most effective dermatology treatments available today. We hope you'll read with interest about our many new lasers, take advantage of special discounts and note the upcoming local events in May and June. As always it's our commitment to you, our patients, to put quality medical care, education, research and service first for your benefit. We invite you to call us anytime for more information about anything you read in this newsletter, or to schedule a complimentary consultation. We're here to help!

## **New and improved Fraxel laser technology**

With today's emphasis on active, healthy lifestyles, many of us feel younger than we look. Aging and sun-damaged skin, wrinkles, fine lines and brown spots often clash with our self image. Our new Fraxel™ SR1500 laser makes recovering the skin of your youth even more safe and effective. With a 30% deeper effect, each treatment will trigger a greater amount of new collagen production to more effectively revitalize your skin.

### **What it does**

This revolutionary, upgraded laser works by gently and effectively resurfacing your skin to make it tighter, smoother and more evenly-toned. It's also approved for rejuvenating sun-damaged skin, removing acne and surgical scars, eliminating wrinkles around the eyes and treating age spots, sun spots and dark patches on the face called melasma.

### **How it works**

The Fraxel laser works by creating millions of microscopic thermal zones of resurfaced skin. Each treatment gently targets 20% of the skin's surface area, *without disrupting the skin's outer layer and barrier*. This means no signs of tissue damage, such as scabs, and only mild to moderate redness and swelling.

### **What you can expect**

We perform this new laser procedure using topical anesthesia (medication applied beforehand to the face or other area being treated). It takes

about 60 to 90 minutes, depending on how much skin we're treating, and you can return to your regular activities shortly afterwards. Swelling is minimal and goes away in about two days because the laser doesn't ablate or remove the outer skin layer. Your skin will feel dry and have a pinkish tone for about six days as younger, smoother skin emerges. For the best results we recommend three to five treatments spaced four to six weeks apart. You'll see improvements in your skin's appearance immediately and progressively over the course of your treatment series of three to six months.

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 Web site, [www.olympicdermatology.com](http://www.olympicdermatology.com), offers a wealth of useful information including what our patients say about their own experiences. Meet our staff, check out special offers and prepare for your appointment.

Trust Olympic Dermatology and Laser Clinic to help you look and feel your best. Complimentary consultations are available at your convenience for any of the health and rejuvenating procedures we offer. So there's no reason to wait, call us at 360-459-1700 to schedule yours today!

## Rejuvenate your face and neck with medically-effective liposuction

Patients tell us how much they appreciate our ability to help them look and feel their best, so they can put their best “face and neck” forward. We offer unsurpassed medical excellence and all the treatment options you need to achieve your goals including:

- Fotofacials to erase brown age spots, spider veins, redness and pore size;
- Fraxel laser resurfacing to remove wrinkles and improve skin tone;
- Thermage procedures to tighten loose skin;
- Contour Thread lifts to elevate sagging skin around the face and jaw line.

But what about when fat accumulates making your skin and the supporting connective tissue sag? For many people this obscures their profile with heavy jowls and a sagging neckline. Our medical

experience has proven this problem is best corrected with liposuction. Let us help you effectively re-sculpt any bulging areas on your face and neck to reveal a more attractive and youthful you.

### How it works

Liposuction was developed by dermatologists to contour the body. Using a small cannula, a tube-like piece of equipment attached to a specialized pump, we can remove unwanted fat cells through a tiny incision hidden in your natural skin creases. Once removed, fat cells never regenerate. Then loose skin covering the areas where fat cells were removed will re-connect itself to the deeper skin layers. Healing is easy, with some patients wearing a compression garment for two days and in the evening at home for a month. You can return to normal activities in about three days.

## Light energy helps treat acne and sun-damaged skin

Photodynamic Therapy (PDT) is a highly effective treatment for acne and sun-damaged skin that uses a special blue light source together with a medication called aminolevulinic acid (ALA). *As many patients with acne will tell you, conventional medications often only treat part of the problem; PDT helps us achieve better results and clearer skin.*

### The science involved

We use PDT to help our patients experience fewer and less severe pimples. It does this by decreasing oil production in the skin's sebaceous glands and effectively starving and killing the bacteria (called Propionibacterium acnes, or P. acnes) that feed on the oil to create acne.

### What you can expect

PDT is easy and safe. First, the ALA medication is applied to your face and left to soak in for 30-60 minutes, after which you sit in front of the Blu-U light to activate the medica-

tion. Most patients tell us they feel a slight tingling at this point, and when it's all done your face will have a mild sunburn-like redness. PDT is a welcome alternative to standard acne treatment plans—it can even be done along with your prescription medications—and several treatments are a great way to get long-term improvement for your acne.

Another exciting use for PDT is skin rejuvenation. For years we've used Intense Pulsed Light (IPL), or as many of you know it, FotoFacial, to remove brown age spots, spider veins, fine wrinkles and redness associated with Rosacea. With PDT, the effect of IPL is magnified, meaning fewer treatments and more dramatic results. We can also clear up pre-cancerous lesions (rough, red, scaly patches on sun-damaged skin) called Actinic Keratosis. This makes PDT a great option for younger looking skin while actually *decreasing* your risk of skin cancer.

## A better way to help patients with psoriasis and vitiligo

Since 2001, Dr. Brazil and his staff at Olympic Dermatology and Laser Clinic have helped patients rid their skin of painful and unsightly psoriasis patches using our XTRAC laser.

Now we're excited to offer you the next generation XTRAC laser, the 308nm UVB Excimer, which will clear up patients' psoriasis more quickly and effectively. Patients who have undergone this procedure are so glad they did. If you or someone you know has psoriasis on 10% or less of the body, and it just won't respond to topical medications, then the XTRAC laser treatment is the next step. We also use the XTRAC laser to help our patients re-pigment white patches of vitiligo, a chronic condition that causes pale, or colorless patches of skin.

### How it heals and feels

Technically speaking, the laser produces energy within the ultraviolet type-B spectrum at a specific wavelength proven to be the most effective for clearing psoriasis lesions. The treatment is painless and safe, and most patients have great results within 13 treatments; even difficult scalp psoriasis can be helped within 18 treatments. Once clear, you can expect to stay that way for months, with a few maintenance treatments needed every now and then to keep it under control.

Keep in mind that most medical insurance plans pay for XTRAC laser treatments as a covered benefit.

**Special Radiesse Day  
June 12, 2007**

**\$100 off each syringe**  
Call now for an appointment

## State-of-the-art laser tattoo removal might be just what the doctor ordered

Olympic Dermatology and Laser Clinic began 2007 with a bang; a “photo-acoustic bang” from our new Medlite C6 laser. With it, we offer you the most advanced, medically proven technology available anywhere.

### How it works

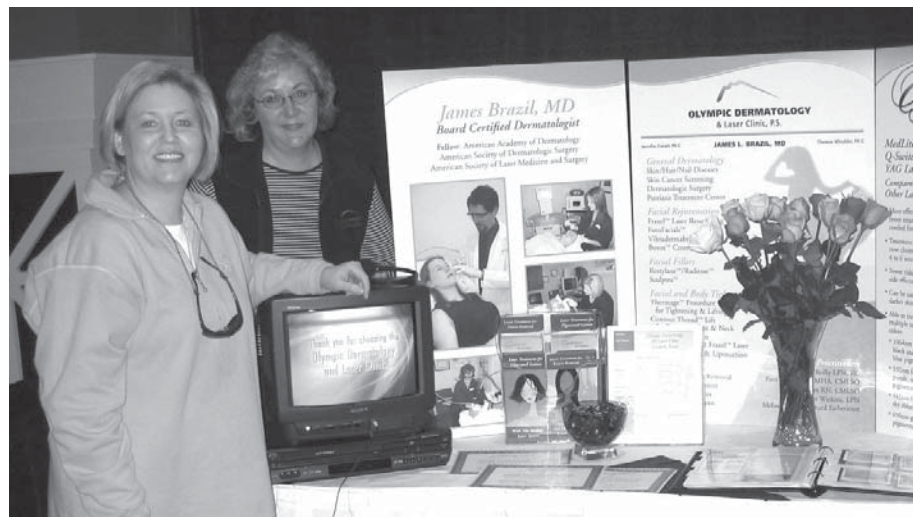
Technically speaking, our new Medlite C6 Tattoo Removal Laser is a Q-switched YAG laser that creates a high-powered, invisible beam of light energy that pulses at a billionth of a second; when this beam of light hits a tattoo, the tattoo color is fractured into tiny pieces that are easily carried away by your own skin’s natural scavenger cells. **No damage occurs to the surrounding skin.** Ours is the first laser that can treat all the tattoo colors. Not only can we treat black and red pigments easily, now we can also treat blue, green and today’s more popular in between shades.

### Your effective solution

Our medical experience shows that a series of treatments can remove or modify most tattoos. The number of treatments you’ll need depends on the amount and depth of pigment used to create the tattoo. We schedule your treatments four weeks apart to speed up the process. With this brand new laser, we can remove a tattoo entirely or modify only a portion so a new tattoo can be created over an old one. Another exciting and safe use for this laser—regardless of a patient’s light or dark skin type—is to remove brown age spots and brown birthmarks like café-au-lait maculae or the Nevus of Ota.

## New law helps establish important guidelines for patient safety and confidence

New state rules—that Dr. Brazil supports and helped state medical officials create—are now in effect to ensure everyone who provides laser treatments does it under the supervision of a doctor or physician assistant. This means that it is illegal for clinics or spas to offer laser treatments without a physician or physician assistant involved to oversee it. In a recent news release Dr. Brazil talked about his participation in helping make these rules a reality, *“Patients should know that a qualified provider is within reach when these high tech medical procedures are being performed. As a dermatologist trained in the use of lasers I understand the benefits and risks involved. Patients receiving laser treatments for dermatological conditions should have the same confidence in the quality of those procedures as they do when they undergo other medical care.”* Says Becky Cant, patient of Olympic Dermatology and registered nurse, *“It’s important to me to be in the hands of providers who are well-trained and truly understand how to use the lasers from the perspective of patient safety. That’s why I chose Olympic Dermatology and Laser Clinic, with an experienced dermatologist and a registered nurse who’s a leader in laser safety to administer my FotoFacials.”*



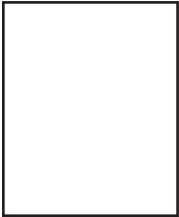
Olympic Dermatology and Laser Clinic participated in the Northwest’s annual tattoo industry convention to share medical expertise and highlight our new, state-of-the-art tattoo removal laser. Our own Sharon Olson, RN, relayed important medical information so attendees could receive continuing education credits.

### Thermage Spring Fling Special Savings Coupon

\$255 off Thermage face and body skin tightening treatments until June 30th

### Exfoliation Spring Renewal Savings Coupon

\$30 off exfoliation treatments including chemical peels and Vibradermabrasion until June 30th



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**OLYMPIC DERMATOLOGY**  
& Laser Clinic, P.S.



## Product Spotlight

We offer a large selection of skin renewing products that work to compliment our cosmetic dermatology treatments. Try our **Skin Ceuticals Acne Kit**. Used at home, each kit contains four effective products:

- Clarifying Cleanser with the acne-fighting ingredient salicylic acid, combined with the exfoliating powers of glycolic and mandelic acids;
- Blemish Control Gel with 1% salicylic acid in a moisturizing oil-free sodium hyaluronate base;
- Retinol 0.5%, a naturally occurring form of Vitamin A used to prevent plugged pores;
- Clarifying Clay Masque with kaolin and bentonite added to a 5% hydroxy acid blend to gently exfoliate your skin.

You'll also find several **Anti-Aging Kits** especially designed for you to use at home to supplement and maintain the benefits of your in-office treatments. Products include:

- Topical Vitamin C for UV protection;
- Kojic acid and arbutin for treating brown skin spots;
- Glycolic acid for exfoliation;

- TNS Complex for advanced skin rejuvenation.

It's easy to know which are right for you. Ask for a free consultation with our experienced aesthetician who will help you determine what will work best.

## Helping make our community a better place to work and live

The faces of the caregivers and friends you've come to know at Olympic Dermatology and Laser Clinic can be spotted in your local community supporting numerous causes:

**Gold Sponsor of the Providence St. Peter Foundation Wellness Luncheon on May 24**—once again we're proud to co-sponsor the popular and inspirational "Heart to Heart" health series for women. Lunch speaker, author and columnist, Jane Brody, asks "Do You Have the Heart to Stay Healthy?" Proceeds benefit women's wellness programs in our community. Plan to attend!

**Relay for Life on June 22-23**—a popular and important fund-raiser benefiting the American Cancer Society, this 24-hour sporting event brings out the best in all of us.

We're happy to sponsor it again this year as part of our commitment to increasing community awareness of cancer risks. We'll also host an informational booth, so plan to stop by and see us!

**Student Orchestras of Greater Olympia (SOGO)**—we co-sponsored the spring presentation of the Conservatory Orchestra at the Washington Center on March 4. We're sure many proud parents and family members will agree; the performance was a delight and the high school musicians outstanding!

## The Olympic Dermatology and Laser Clinic difference

Dr. James Brazil began his general and cosmetic dermatology practice in Olympia in 1991 and opened Olympic Dermatology & Laser Clinic in 2000. The entire staff at Olympic Dermatology, including Dr. Brazil, his physician assistants, registered nurses and aesthetic clinical staff, average nearly 12 years of experience in general and/or cosmetic dermatology medicine. With a strong focus on medical excellence, Olympic Dermatology and Laser Clinic offers a wide array of medical, surgical and cosmetic services, and limits treatments to those with the highest proven effectiveness.