

# Dermatology Update

from Dr. James L. Brazil, Board Certified Dermatologist



## Hello, Jennifer!

We are proud to announce the arrival of a new provider of medical and surgical dermatologic care, Jennifer Cozart, PA-C. Jennifer has (29) years of experience as a Physician Assistant, and has years of dermatologic experience working with Dr. Robert Martin in Tacoma. She will continue her training with Dr. Brazil, and will be a valuable addition to our medical team. Her expertise includes management of acne, psoriasis, eczema, skin cancer and pediatric skin conditions. Welcome Jennifer!

## New Saturday Hours

To make scheduling your appointments more convenient we are now open Saturdays! Both medical and cosmetic dermatologic care will be available on alternate Saturdays beginning July 29, 2006. We hope this makes it easier for you to access the care you need.



Thanks for reading our updated newsletter and we look forward to helping you in the future.

Dr. Brazil and Staff

## Editors:

Staff at Olympic Dermatology and Laser Clinic

## Controversies in Dermatology: Vitamin D, Sun Exposure and Cancer Risk

Recently there has been a proposal that sunscreen use leads to inadequate Vitamin D levels, resulting in an increase in internal malignancies. This was based on an analysis of high cancer rates in the Northeast US, which has relatively low ultraviolet (UV) levels. It is proposed that low UV levels lead to low Vitamin D levels, that low Vitamin D levels lead to internal malignancies, and that by promoting sunscreen use dermatologists are actually increasing the risk of these cancers. The proponent of this theory has even been on national television, and the media has been very interested in disseminating the idea. For many reasons, the American Academy of Dermatology (AAD) has refuted this claim.

For one, another area of the country with even lower UV levels (the Northern Plains states) has low cancer rates. The New York area, another part of the Northeast with low UV levels, has high levels of cancer conclusively linked to industrial pollutants. There are too many variables to come to the conclusion that sunscreen use increases the use of internal malignancies.

Even more importantly, the AAD is concerned about the impact of discouraging sunscreen use. Adequate sunscreen use is important in reducing ultraviolet exposure, which is classified by the US Department of Health and Human services as a known carcinogen (cancer causing

agent). Ultraviolet exposure is also linked to premature aging of the skin, cataract formation, and suppression of our immune systems. Skin cancer affects more than one million people yearly, with the rates increasing at an alarming rate (now 1 in 5 people). Washington state has recently been ranked first in melanoma rates in women and fifth in men, so we are especially at risk. Discouraging sunscreen use is bad public health policy.

Finally, how effective is sunscreen in reducing ultraviolet exposure? We actually wish it was better! No one applies enough (one ounce per application) or often enough (every 2 hours, more when swimming or active). Sunscreen does not ever block 100% of UV, and mere minutes of ultraviolet exposure with sunscreen are enough to produce adequate amounts of Vitamin D. Oral Vitamin D supplements and fortified dairy products can also provide more if needed. If the FDA does ever raise the minimum daily requirements for Vitamin D, dietary supplementation will remain the best way to achieve those levels. For now the message remains the same: adequate applications of broad-spectrum SPF 30+ sun blocks reapplied every two hours, avoidance of the sun between 10 AM and 4 PM, and wearing a brimmed-hat and sun-protective clothing are important ways to reduce your risk of skin cancer. Got milk?

## Look What's New At Olympic Dermatology: *VISIA Complexion Analysis*

This June, Olympic Dermatology and Laser Clinic introduced a new digital, multi-dimensional facial analysis tool: Visia™. The Visia™ Complexion Analysis System captures multi-spectral photos of your face, and quantifies your facial wrinkles,

age spots, pores size, skin tone evenness, and the presence of porphyrin-producing bacteria in your skin. A separate ultraviolet-spectrum photograph is used to demonstrate the true extent of sun damage your face has accumulated

*Continued on Page 2*



over the years. Your Visia™ results are also compared to age and skin-type matched controls. This detailed analysis of your skin helps us develop more targeted treatment programs, communicate more effectively with you, and better track your treatment outcomes.

We are so excited to show you the power of this diagnostic tool that we are including a Visia™ Complexion Analysis with our free cosmetic skin care consultations for the next two months. Come in and see what is really happening to your complexion!

## **Fraxel™ Laser Treatments**

### ***Results You Can See and Feel***

The novel concept of “fractional” skin resurfacing was developed as an alternative to CO2 laser resurfacing. For the last 11 years that was the gold standard for treating acne scars, wrinkles, and moderate skin laxity due to aging and sun exposure. Unfortunately the recovery time from CO2 laser resurfacing is prolonged and many patients developed a lighter skin tone. Additionally, only the faces of fair-skinned patients could be treated.

“Fractional resurfacing” with the Fraxel laser is completely different. Whereas the entire top layer of skin is removed with the CO2 laser, the Fraxel laser creates millions of microscopic points of limited thermal damage to the skin in any one treatment. About 20% of skin surface area is treated, and the skin surface is never disrupted so scabs do not form. The Fraxel laser’s depth of penetration is greater than the CO2 laser, which enhances results. Limited downtime due to swelling is expected from each procedure, and most patients receive 3-5 treatments at 3 week intervals. We can also finally treat darker skinned individuals and the neck, chest, hands or any body site.

New collagen is the hallmark of skin rejuvenation, and new collagen is produced for months after the final Fraxel treatment.

This means your skin will progressively tighten, lose wrinkles and acne scars, and improve its tone and texture for months too.

This treatment is performed in our office laser suite with only topical anesthesia, and most patients resume normal activities shortly after treatment. We were the first clinic



in Washington to acquire the Fraxel laser, and have helped the manufacturer develop optimal treatment guidelines. Our clinic has performed over 400 Fraxel procedures and we are a nationally recognized “Center of Excellence” for superior patient outcomes and physician training, and as such we publish and lecture nationally. Come learn what Fraxel laser resurfacing can do for you in a complementary consultation.

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## **Good Bye, Maggie**

It is with regret that all of us at Olympic Dermatology say good-bye to Maggie Zimmerman, ARNP. Maggie has been with the clinic since 2003, and it has been a pleasure to work with her. We wish her the best in her future endeavors.

## **Eyelid Drooping**

### ***What is One to Do?***

More than any other facial feature, your eyes are the most revealing. People look at each other’s eyes when communicating, and the lids and brows communicate things like fatigue, male or female facial characteristics, and youthfulness.

A Blepharoplasty, or “eyelid lift”, is a way to restore normal eyelid shape and function. By removing excess fat and drooping skin of the upper eyelids a “hooded” look can be corrected, and more of the eyelid can be seen. By removing bulging fat pads lower eyelid “bags” can be removed. Some of these lower lid “bags” are also due to areas of fat pad loss below the eyelid itself. Fat transfer or Restylane™ injections are then used to restore normal cheek/eyelid contour.

Frequently, excess skin on the upper eyelids is actually due to downward movement of forehead skin causing low positioning of the eyebrows, and sagging of the upper lids. Several options are available to lift the brow and upper eyelids. The least invasive option is a Thermage skin tightening procedure. By using radio-frequency energy the deep collagen of the brow is tightened and also replaced by new, more elastic collagen. The patient incurs no downtime. A Contour Thread™ forehead lift involves placement of barbed nylon sutures in the deep forehead to redrape the forehead in a higher position. This is a minimal downtime procedure. Finally, botox is used to weaken the muscles that cause “frown lines” and which pull the brow down. The brow can be safely shaped in multiple ways by Botox injections.

Lower lid wrinkles, unlike “bags”, are not corrected by a blepharoplasty. A lower lid blepharoplasty actually may increase the apparent number of wrinkles by deflating the bulge of the lower lid skin and allowing it to relax. The best treatments for lower lid wrinkles are skin rejuvenation creams, chemical peels, and ablative resurfacing. One of our most popular eyelid products is Teamine Eye Complex cream. The use of Teamine cream reduces dark circles, eyelid puffiness, and firms skin to smooth fine lines and wrinkles. Obviously the correction of eyelid abnormalities is complex. We are proud to offer multiple options to give you a more a youthful appearance.

# Introducing DermaWave™ Technology – *Hello, Facial Toning – Farewell, Unsightly Cellulite*



SMOOTH  
IS  
BEAUTIFUL

*DermaWave™  
No-Needle Mesotherapy*

**Mesotonification** is a new rejuvenation treatment for facial skin. Many people have only limited sun damage yet are looking for a way to improve their appearance. With mesotonification it is possible to rejuvenate the epidermis and dermis without trauma. In contrast to a chemical peel or Vibradermabrasion, where the skin is lightly wounded to achieve rejuvenation, mesotonification delivers rejuvenating medications to the epidermis and dermis without trauma, including the need for injections. Retinoids, hyaluronic acid, and DMAE will improve skin texture and tone; with our new DermaWave™ machine they are delivered into your skin with a series of electrical waveforms. These waveforms also tone underlying facial musculature and increase lymphatic drainage of retained metabolic byproducts and toxins. Mesotonification complements the action of rejuvenating products you can use at home, such as TNS Recovery Cream or Skinceuticals Vitamin C serum. We recommend a series of 6 treatments, with periodic maintenance treatments. Now you can look your best for longer!

**Mesotherapy** is a technique to reduce cellulite, long practiced in Europe but only recently introduced to the USA. Traditionally it requires a series of multiple injections into the cellulitic body areas; while people appreciate the benefits they haven't always liked the shots! With our new DermaWave machine the medication used for cellulite reduction is delivered to the dermis and subcutaneous space without needles, similar to mesotonification. Unlike mesotonification, the treatment includes the effect of three low energy diode lasers to help break down the deep fibrous bands that form in your areas of cellulite, and reduce the swelling within fat lobules that together with the fibrous bands cause your skin surface to dimple. A series of 10 treatments are recommended, and it is important that a patient eat a healthy, low-sodium diet and exercise to maximize results. This is not a way to lose weight or recontour your body, but as part of a healthy lifestyle it is a way to finally reduce the severity of your cellulite. Call now for a complementary consultation.

Open House

Summer Party

Tuesday, July 18, 2006

5:30 to 7:30 pm

*Experience*

*the Excellence  
of Olympic Dermatology*

- ☞ Meet our medical and aesthetic staff
- ☞ View our state-of-the-art facility
- ☞ Learn about our rejuvenating procedures
- ☞ Enjoy a free Jane Iredale makeup color match
- ☞ Win a prize!
- ☞ Receive a complimentary Visia™ facial analysis

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All participants receive  
a coupon worth  
**10% OFF**  
cosmetic services

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*Food and drink for your enjoyment  
Please RSVP by July 15, 2006*

www.olympicdermatology.com

Check out our website at

Got Questions?

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OLYMPIC DERMATOLOGY  
& Laser Clinic, P.S.



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## Olympic Dermatology and Laser Clinic

### Employee Recognition



Susan Ayers, CDC, is our Billing Department supervisor. Susan has been with Olympic Dermatology and Laser Clinic for 3 years. She has an extensive background in billing and recently earned her certification in dermatology coding from the Inga Ellzey Coding Institute. Because health plans are constantly changing, Susan frequently attends seminars and

industry programs to keep us up-to-date and decrease your billing problems. She works hard as an advocate for our patients and spends numerous hours dealing with insurance companies so your claim is processed correctly.

When Susan is not spending time explaining insurance intricacies to our patients, she can be found cheering on her daughter at the soccer field, watching the Seattle Mariners, or taking road trips to enjoy the many wonders of Washington.

Good job Susan, and thank you for all of your hard work!

## Community Programs

At the Olympic Dermatology and Laser Clinic we take pride in our community and feel it is important for everyone to support the efforts of local and national charitable organizations.

### Free Skin Cancer Screening

May 12, 2006

For the 15<sup>th</sup> straight year we supported the efforts of the American Academy of Dermatology to reduce the burden of skin cancer by providing free skin cancer screenings at Mark Reed Hospital in McLeary, WA. This annual, national effort is designed to encourage people who normally wouldn't see a doctor to get their skin checked, head to toe! Whether a person lacks health insurance or wouldn't normally take the time to see a dermatologist, this is a way to expand dermatologic care in our area.

### American Cancer Society – Relay For Life

June 9-10, 2006

Olympic Dermatology hosted a "skin cancer prevention" informational booth during this recent American Cancer Society's overnight event. The Relay For Life celebrates cancer survivors, pays tribute to those people who lost their fight with cancer, and raises money to support cancer research. Our booth at Timberline High School offered participants information on skin cancer detection, samples of sun screen, and prizes to reward their hard work!

### Providence St. Peters Foundation

#### Wellness Luncheon

May 12, 2006

Olympic Dermatology was a gold sponsor this year in support of the Foundation's efforts towards a mobile cardiac monitoring van. Everyone enjoyed Vicki Lawrence tickling our funny bone during the luncheon event. We look forwards to next years event and will continue our commitment as a Gold sponsor.

