

# PS News & Insight



Fall/Winter 2011

Inside

You're Invited -  
the ENVY Party is here!

Acne Myths

How Skin Savvy Are You?

Tickle Lipo



Sandra Lee, M.D.



Jeffrey Rebish, M.D.



Erin Jensen, PA-C

## Have you seen Dr. Sandra Lee on **THE DOCTORS** ?

She's always looking for new participants - patients who may have an interesting skin finding, or be willing to have a medical or cosmetic treatment filmed for the show, so if you would be a willing participant, let us know! Search "drsandralee" on YouTube.com to see previous segments from the show.



Laughter and Liposuction: Tickle Lipo



How to Look Great Naked!... With Less Makeup, That Is



Don't Let Your Elbows Give Away Your Age



Spring Cleaning: Clear away the cobwebs and get a Lunchtime Buff & Shine



909 981 8929 909 981 SKIN (7546)  
859 E. Foothill Blvd., Upland, CA 91786



Follow our blog at [dermdiaries.com](http://dermdiaries.com).

## ACNE MYTHS *by Erin Jensen, PA-C*

### MYTH 1: ACNE IS CAUSED BY DIRT

Acne is not caused by dirt, it is a deeper process that comes from the oil glands and various other factors. If acne is not caused by dirt, then it makes sense that you cannot just wash it away.

Facial scrubs can actually irritate acne making it worse. The key to acne cleanser is to avoid abrasive scrubs and cleansers and avoid constant washing. Twice a day is usually fine.

### MYTH 2- POPPING PIMPLES MAKE IT BETTER

Popping a pimple may make it seem less noticeable temporarily, but popping can cause it to stay around longer. By picking at acne you are more likely to cause a red mark or scar to form. Sometimes marks can last for many months and true scars will last forever.

### MYTH 3- ACNE IS A DISEASE OF TEENAGERS

While acne certainly affects teenagers, it also affects other age groups as well. Some people develop acne for the first time in their 20s or 30s. Effective acne treatments exist for people of all ages.

### MYTH 4- ACNE TREATMENTS FROM THE DRUG STORE ARE JUST AS GOOD AS PRESCRIPTIONS

Proactiv is the number-one selling acne medication in the US, but is not the most effective. Studies have shown using prescription medications such as topical retinoids, topical antibiotics and oral antibiotics are more effective than using over the counter products.

### MYTH 5- ACCUTANE (ISOTRETINOIN) SHOULD NOT BE USED TO TREAT ACNE

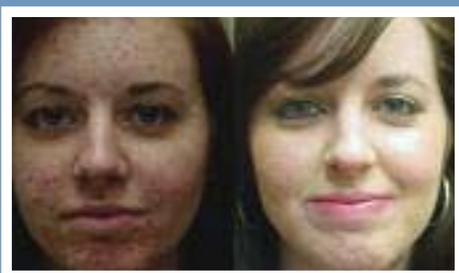
Accutane has gotten some bad press in the media lately. Accutane is not for every acne patient but can be extremely beneficial for some. Accutane is the only agent that has been shown to induce long-term remission, and it has curative potential for acne. If you are interested in Accutane you should talk to your medical provider to see if it is right for you.

### MYTH 6- ACNE MEDICATIONS WORK OVERNIGHT

No acne medication works overnight. Some acne medications may take up to 12 weeks before you see a significant difference. Acne may even get worse during the initial treatment. Sticking with your medications and a little patience can be helpful.

### MYTH 7- ACNE IS NOT A MEDICAL CONDITION

Although acne is not life-threatening, it can be emotionally devastating and life-altering, resulting in clinical depression and low self-esteem. Acne can also result in scarring that can be permanent. Even minor cases of acne can be distressing. Patients and parents of patients often underestimate the psychological impact of acne. Remember there are simple treatments that can dramatically improve this condition.



Actual patient before and after Accutane

## Can You Spot The Difference?



Actual patient

This young, beautiful woman came to us because she hated the dark circles under her eyes. There are many reasons to have dark circles under the eyes. In her case, she has a depression in the area called the "tear trough" and this creates a shadow under the eye that made her look tired and older.

**Improvement of the area is quick and simple, requiring no surgery!** Dr. Lee used Restylane™, which is a hyaluronic acid filler to fill in this depression, the treatment only takes 15 minutes and the results can last a good year or more!

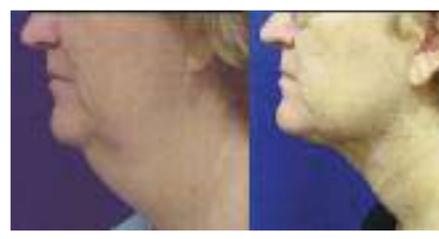
## *We love the Mixto Microfractional CO2 Laser*

The Mixto Laser safely removes wrinkles and tightens lax skin. It also treats enlarged pores, sunspots, brown spots, melasma, scars, and uneven pigmentation. It is so effective, it can even help treat precancerous lesions. What's great is that this procedure is **performed in our office under local anesthesia in less than one hour!** Using thousands of tiny laser beams that penetrate into the skin, the Mixto Laser treatment is designed to treat aging and damaged skin by creating microscopic "wounds" within the treated areas. This triggers the body's own natural production of new collagen and skin cells, smoothing lines and wrinkles.



Actual patient

## TICKLE LIPO



Actual patient



Actual patient

“

*...many people giggle  
at some time during the procedure...*

”

**Dr. Sandra Lee performs “Tickle Lipo™, which uses a vibrating cannula to deliver local anesthesia and to sculpt your neck and body even more precisely.** One of the wonderful advantages of this device is that the vibration of the instruments actually tricks the nerves that transmit the sensation of pain to your brain. Simply put, the nerves that send the sensation of vibration to your brain are separate and distinct from nerves that send the sensation of pain. The vibration nerves compete with your pain nerves for attention from your brain, and your brain therefore perceives less pain. This is why your dentist or dermatologist wiggles your skin when they anesthetize you – they are distracting your brain from feeling discomfort! Therefore, you feel very little to no discomfort during the procedure, and in fact, many people giggle at some time during the procedure,

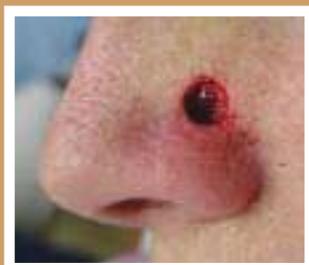
because it tickles! One of the distinct advantages for Dr. Lee is that this vibrating cannula allows her to more easily treat fibrous (tough) areas of the body, especially the love handles in men, and the dreaded “back fat” in females. These areas are notoriously difficult to treat because the fat is surrounded by more fibrous tissue. **Tickle Lipo™ allows Dr. Lee to more easily remove the fat in less time, leading to a quicker recovery time, less bruising, and absolutely NO general anesthesia.** Everyone returns to work within 1 to 3 days!

*If you would like to learn more  
about Tickle Lipo™, please visit [SkinPS.com](http://SkinPS.com)  
or call for a complimentary consultation.*

## MOHS MICROGRAPHIC SURGERY

*The Gold Standard in Treating Skin Cancer*

**Mohs Surgery is a highly specialized technique that can completely remove skin cancers with as small a scar as possible, and has the lowest cancer recurrence rate of any method to date.** The malignant skin is numbed with local anesthetic, and the visible skin cancer is removed. While you wait in our comfortable lounge, we process the tissue that was removed and check it under the microscope to ensure that we have removed the entire skin cancer. If a positive skin cancer margin still remains, we can just take a little more tissue from whatever edge is still positive and then check this under the microscope. Ultimately, as little skin as possible is removed while at the same time ensuring the highest cure rate of any surgical technique to remove skin cancer. **Mohs Surgery is the superior method to remove basal cell and squamous cell carcinomas, particularly on the face and neck.** You can read more about Mohs Surgery on our website at [SkinPS.com](http://SkinPS.com)



Actual patient before  
MOHS Treatment



Actual patient during  
MOHS Treatment



Actual patient after  
MOHS Treatment

# THE ENVY PARTY

Come join us for our annual patient appreciation event. Learn about the latest and greatest cosmetic procedures, enjoy IN-N-OUT Truck, and perhaps win something special for you or a loved one!

## Raffle Prizes to be awarded include:

- Botox Cosmetic / Dysport
- Restylane / Perlane / Juvederm / Radiesse / Sculptra Aesthetic
- Vivite Skin Care System
- Clarisonic Brush
- Microdermabrasion
- Vitalize Peel
- Latisse Eyelash Lengthening Kit
- SkinPS Gift Basket
- 30% off Mixto Microfractional Laser
- 30% off surgical fee for Tickle Liposuction

## Specials available for purchase the evening of the event:

- \$100 for 20 units of Botox or Dysport  
OR Buy one area, Get other area FREE
- \$100 off per syringe of Restylane, Perlane, Juvederm, or Radiesse, OR Buy two syringes, Get one FREE
- Latisse for \$100
- Clarisonic Brush for \$150
- Purchase Colorscience Starter Kit, Get FREE Sunforgettable Sun Salve 30

—Remember these specials will earn you 5 additional raffle tickets for 5 more opportunities to win prizes!

**IN-N-OUT to cater event, and Margaritas and Pina Coladas as well!** (Bring a designated driver please!)

Bring a Friend NEW to Skin Physicians & Surgeons and get \$50 SkinPS Dollars! (limit 2)

Remember, this is a very popular event, space is limited, and we will likely cap attendance, so RSVP is a must! **Call us or email [info@skinps.com](mailto:info@skinps.com)**

**EVERYONE will want  
to be here!**

## Answers To Skin Savvy Quiz

- 1. C** Melanoma most commonly occurs on the back in men and on the legs in females, but can occur anywhere on the body, even your toenails. A full body skin exam by a dermatologist is recommended for peace of mind.
- 2. B** Large beach umbrellas provide good shade, but most provide little protection from UV rays, partly because UV rays can reflect off the sand and under the umbrella. UV radiation under an umbrella can be up to 84% of what you'd get in the open sun. The SPF of a typical beach umbrella ranges from 3 to 10.
- 3. False.** Most people apply only 25%-50% of the recommended amount of sunscreen.
- 4. False.** SPF or "sun protection factor" refers to how much longer it takes you to sunburn while wearing that sunscreen, not how much protection you're getting. An SPF 30 screens out only a small percentage more UVB rays (97%) than an SPF 15 (93%), so higher SPF numbers do not indicate a proportionately higher amount of sunscreen strength. NO sunscreen provides 100% protection.
- 5. False.** UVA rays can penetrate through glass, and these rays can cause premature aging and skin cancers.
- 6. D** 80% Wear sunscreen and protective clothing even on cloudy days.
- 7. True.** Compressed powder contains tiny pigmented talc particles that provide a certain amount of protection, and some moisturizers, eye creams, foundations, and lipsticks have SPF ratings of 5 and higher. Avoid shiny, high-gloss lipsticks, which can act like baby oil, intensifying UV rays to your lips. If you want the wet look, apply a colored lipstick first, then top with gloss.
- 8. False.** Some sunscreens protect against only UVB rays, which are the primary cause of sunburn, but UVA rays penetrate deeper into your skin. Both UVB and UVA exposure can lead to premature skin aging, skin cancer, and sunburn. Only sunscreens labeled as "broad spectrum" and "SPF 15" (or higher) can reduce the risk of skin cancer, and reduce the risk of early skin aging - if they're used regularly, as directed, and in combination with other sun protection measures that will help prevent sunburn.
- 9. True.** Beginning in 2012, sunscreens that aren't both broad spectrum and SPF 15 (or higher) must carry a warning label that states: "These products have not been shown to protect against skin cancer and early skin aging. They have been shown only to help prevent sunburn."
- 10. A** One blistering sunburn doubles a child's lifetime risk of developing skin cancer. Children are at particular risk in the sun, because it's easier for them to get sunburned; it can take less than 10 minutes for an infant's skin to burn. Children are also at higher risk because they tend to spend a lot of time outdoors and because they're unlikely to be mindful of the sun's dangers. Babies younger than six months old should be kept out of the sun or shielded by hats and protective clothing.

## How Skin Savvy Are You?

1. **Melanoma - the most deadly form of skin cancer - most commonly occurs on the:**

- a) Face
- b) Arms and chest
- c) Back and legs
- d) Shoulders



2. **Which of the following provides better protection from the sun?**

- a) A large beach umbrella
- b) An SPF 15 sunscreen

3. **Most people use the recommended amount of sunscreen.**

- a) True
- b) False



4. **A sunscreen with an SPF of 30 provides double the protection of one with an SPF of 15.**

- a) True
- b) False

5. **Window glass protects your skin from all harmful UV rays.**

- a) True
- b) False

6. **What percentage of the sun's UV rays can pass through clouds?**

- a) 10%
- b) 20%
- c) 60%
- d) 80%
- e) 100%

7. **Makeup can help protect your skin from the sun.**

- a) True
- b) False

8. **All sunscreens protect your skin from wrinkles, age spots, and sunburn.**

- a) True
- b) False

9. **In 2012, the FDA will require warning labels on sunscreens that have not been shown to protect against skin cancer or early skin aging.**

- a) True
- b) False

10. **How many blistering sunburns does it take to double a child's lifetime risk of skin cancer?**

- a) 1
- b) 2
- c) 5
- d) 10

Answers can be found on inside page

## Our New Fab Find



We love, love LOVE this product!

**Colorescience Sunforgettable is the first SPF 30 mineral powder with broad spectrum (UVA & UVB) sun protection.**

Puff it, Brush it, Roll it, Shake it.

Whichever you choose, you'll love it!

This breakthrough formula, along with the hippest and most effective applicators under the sun, makes **Sunforgettable SPF 30** the hottest must have.

Men like the product, because many hate using sunscreen creams which make their skin and hands greasy, and they hate sprays which are so sticky. Kids also resist much less when sunscreen is brushed on rather than slathered!

## Introducing our Skin Physicians & Surgeons Blog... Join [dermdiaries.com](http://dermdiaries.com)!



Erin and family

**Derm Diaries:**  
Improving the world one wrinkle at a time

“Hopefully you will enjoy reading our new blog (and hopefully I'll find the time to contribute as much as I'd like). Written by both Erin, our beloved physician assistant, and myself, we hope to both educate and entertain by commenting on current celebrity happenings, as well as our own lives, both professional and personal. Enjoy!”

Sandra



My kids flyfishing with Grandpa

Presorted  
Standard Ma  
U.S. Postag  
**PAID**  
Permit No. 912  
Rancho Cucam  
CA



Skin Physicians & Surgeons  
859 E. Foothill Boulevard, Suite B  
Upland, CA 91786

909 981 8929 or 909 981 SKIN (7546)  
SkinPS.com

Dr. Lee is a recurring guest on **The Doctors**, which airs weekdays at 11am on KCAL 9. You can search "drsandralee" on YouTube to view previous television segments, or log onto our website at SkinPS.com,

Voted Top Doctor -  
Dermatology  
by Inland Empire  
Magazine  
2009, 2010



Become a Fan of Skin Physicians & Surgeons on Facebook

**Sandra Lee, M.D., Jeffrey Rebish, M.D., Erin Jensen, PA-C**

A Family of Board-Certified Dermatologists Serving Our Community for Over 30 Years. Diplomates, American Board of Dermatology. Fellow, American Academy of Cosmetic Surg

over \$1 0,000 in giveaways!

# THE ENVY PARTY

Mingle and learn about the latest and greatest cosmetic procedures. Enjoy significant discounts on cosmetic procedures, and perhaps win something special for you or a loved one!

Refreshments will be served!

**RSVP is a MUST.** 909 981 8929 or info@skinps.com.

This is an extremely popular event, and spaces are limited!

**THURSDAY**  
**SEPTEMBER 22, 2011 | 4p-7p**

Bring a friend **NEW** to Skin Physician & Surgeons and receive **\$50 SkinPS Dollars!** (limit 2)

