



# Dermatology Update

from Dr. James L. Brazil, Board Certified Dermatologist

www.OlympicDermatology.com

Check out our website at

Got Questions?

Olympia, WA 98506

424 Lilly Rd. N.E.

Margaret Zimmerman, ARNP Thomas Winkler, PA-C

JAMES L. BRAZIL, MD

& Laser Clinic, P.S.

OLYMPIC DERMATOLOGY



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## Facial Rejuvenation

The Olympic Dermatology and Laser Clinic offers **THREE** levels of Facial Rejuvenation

### Level I – Mild Rejuvenation

- **Medical Grade Skin Care Programs** . . . . . Clinically proven, physician strength rejuvenation products for home use. *MD Forte, Skin Ceuticals, Skin Medica, and Revision*
- **Light and Medium Chemical Peels** . . . . . **Peels** can improve skin clarity, skin tone, and make skin look smoother. Great for sun damaged skin and age spots. Packages available.
- **Facials** . . . . . **Facials** feature masque therapy to deep clean, exfoliate, and hydrate your skin combined with massage therapy and relaxation techniques.
- **Vibradermabrasion** . . . . . **Vibradermabrasion** is advanced technology in the area of microdermabrasion. Ultrasonic superficial exfoliation produces more vibrant, softer skin while stimulating new collagen. *4 to 6 treatments/1 to 2 wks apart. Packages available*

### Level II – Moderate Rejuvenation

- **Botox™** . . . . . **Injection** into crows feet or forehead to smooth or eliminate wrinkles. *May need to be repeated every 3 to 5 months* 10% discount with advanced rejuvenation procedures offered.
- **Dermal Facial Fillers** . . . . . **Injection** of Collagen/Restylane™ below the surface of the skin to smooth out wrinkles, define lip border, and fill out acne scars. *May need to be repeated every 3 to 10 months*

### Level III – Advanced Rejuvenation

- **Sculptra™** . . . . . **2 to 3 treatments** spaced three weeks apart; Injection below the skin's surface to restore lost facial volume, increase skin elasticity, and fill in furrows. Should last for years. *Midface and cheeks*
- **Fotofacial™ IPL Treatments** . . . . . **Five facial** rejuvenation treatments conducted three weeks apart for improvement of facial vessels, sun spots, Rosacea, large pores, sun damaged skin, and wrinkles. Virtually no down time. *Neck, chest, arms and hands can also be treated – price varies*
- **Thermage™ Procedure-Skin Tightening** . . . . . **One to several** treatments which applies radio frequency energy to produce facial skin lifting and collagen production. Virtually no down time. *Partial to full face and neck*
- **Fraxel™ Laser Resurfacing** . . . . . **4 to 6** treatments spaced one week apart for repair of aging and sun damaged skin. Improves wrinkles, skin tone, texture, and pigmented spots. New collagen production. Virtually no down time. *Neck, chest, and hands can also be treated*
- **CO2 and Erbium Facial Resurfacing** . . . . . **Outpatient hospital** procedure performed with a computer controlled laser for removal of outer layers of skin to reduce facial scars, wrinkles and for tightening of skin. Recovery time necessary.

### From Our Cosmetic Dermatology Department

#### Announcing the Addition of the New Lumenis ONE

Olympic Dermatology and Laser Clinic is proud to announce the addition of the fourth generation **Lumenis One Intense Pulsed Light Machine** for facial rejuvenation, and removal of leg veins. This upgrade will allow our FotoFacial™ patients to "Experience the Excellence" that has made our Clinic nationally respected for its exceptional outcomes in cosmetic dermatology. The Lumenis One will supplement our current technology and enhance our ability to remove age spots, broken veins, enlarged pores, facial redness, and other signs of sun damage. Schedule a consult and Experience the Excellence!

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

Dr. Brazil and Staff

#### Editors:

Patti Owens, RN, MHA, CMLSO  
James L. Brazil, MD  
The Williams Group

## Restoring Youth with Minimal Downtime The Fraxel™ Laser

The Olympic Dermatology and Laser Clinic is honored to be selected as the first site in Washington to offer the FRAXEL™ laser resurfacing procedure. The FRAXEL™ procedure is an astonishing new non-ablative technique for repairing aging and sun-damaged skin. The FRAXEL™ laser produces thousands of microscopic vertical columns of thermal ablation surrounded by unaffected skin. This innovative approach induces new surface skin and deep dermal collagen without crusts, scabs, prolonged redness, or excessive swelling. This means younger healthier skin, without the downtime experienced from past laser skin resurfacing.

The FRAXEL™ Laser Treatment represents a whole new method of skin repair with improvement in skin tone, texture, pigmented spots, and wrinkles on your face, neck, chest, and hands. It rebuilds damaged skin like digital modification – pixel by pixel, spot by spot. Collagen production is stimulated for months which results in a more youthful, rejuvenated appearance. Four to six sessions are required, spaced about one to two weeks

apart, with ongoing rejuvenation for three to six months. The results are permanent.

Safe and effective, the FRAXEL™ laser is cleared by the FDA and has undergone extensive testing in numerous clinical sites throughout the nation. In comparison with other treatment modalities, the FRAXEL™ laser rejuvenates without scalpels, general anesthesia, or surgical risks. The FRAXEL™ laser procedure is conveniently performed in our office and has proven to be safe and highly effective on the face, neck, chest, and hands for producing natural, healthy, youthful skin.

As a designated "Center of Excellence" in the state of Washington, this procedure represents our commitment to non-surgical facial rejuvenation. The FRAXEL™ laser is a new category of anti-aging medicine that provides the positive results of traditional skin resurfacing without the prolonged downtime and risks. For additional information, call 360-459-1700 to schedule a free cosmetic consultation with our laser specialists. Also, log in to [www.FRAXEL.com](http://www.FRAXEL.com) for additional information.



424 Lilly Rd. N.E., Olympia, WA 98506 • (360) 459-1700  
[www.OlympicDermatology.com](http://www.OlympicDermatology.com)

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House*

**OLYMPIC DERMATOLOGY  
AND LASER CLINIC**

*Experience  
the Excellence...*

**FEBRUARY 10TH • 5:30 PM TO 8:00 PM**

**VIEW OUR NEWLY  
EXPANDED FACILITY**

**MEET OUR  
NEW AESTHETICIAN**

**FIND OUT ABOUT OUR NEW  
REJUVENATION PROCEDURES  
WITH THE FRAXEL™ LASER  
AND LUMENIS ONE INTENSE  
PULSED LIGHT MACHINE**

**Learn About:**

- Laser Hair Removal, Laser Tattoo Removal
- Non-surgical Facial Rejuvenation
  - Facial Tightening (Thermage™)
  - Skin Surface Rejuvenation (Fotofacials™)
  - Full Thickness Facial Rejuvenation (Fraxel™)
- Leg Vein Removal
- Professional Skin Care Products
- Botox™ and Dermal Fillers (Collagen, Restylane™, Sculptra™)
- Facials, Vibradermabrasion
- Jane Iredal Make-up Color Matching
- Free Skin Analysis (Skin Ceuticals)

**ENJOY DISCOUNTS, REFRESHMENTS, AND PRIZES**

**Sculptra™**  
*The Art and Science of Sculpting Skin*

Ready for a long lasting solution for those sunken areas and wrinkles on your face? The Olympic Dermatology and Laser Clinic is excited to announce the addition of Sculptra™ to our non-ablative facial rejuvenation program. Sculptra stimulates your skin's own fibroblasts to create new collagen. Sculptra™ can restore facial volume and shape the chin and jaw line to correct deep wrinkles and lines.

Sculptra™ is composed of Poly-L-Lactic Acid, a simple molecule similar to the material used in absorbable suture

material. It is non-allergenic and safe and has been used world wide since 1999 to restore facial fat loss. Sculptra™ is FDA approved in HIV patients for this purpose but is also used by dermatologists for cosmetic indications. A series of 2 to 3 injections are performed at 4 week intervals. Improvement in wrinkles and facial contour is seen over the next 4 months. Treatment results have been noted to last for years after one treatment series. Touch-ups may be necessary over time.



**Excessive Sweating**  
*New Solutions for an Embarrassing Condition*



Excessive sweating, or Hyperhidrosis, is a common medical condition that can be personally distressing and demoralizing. Often, patients experiencing this condition suffer in silence while trying to disguise the endless sweating with special clothing, powders, and pads. Until now, sufferers had limited options. However, BOTOX™ may now be the solution. BOTOX™ has recently been FDA approved for severe underarm sweating when other topical agents have been ineffective.

There are over 3 million sweat glands in the human skin. Their normal function is temperature regulation, but we all know

sometimes sweat glands become active when we are nervous or eat spicy foods. Imagine if the sweat glands on your hands or armpits were constantly producing sweat without any trigger. This is what Hyperhidrosis victims suffer from. The excessive sweating can interfere with your social life, self-esteem and even limit your career choices. 3% of our population presently suffers from Hyperhidrosis.

Botox stops Hyperhidrosis by blocking the neural signals that activate sweat glands. No signal, no sweating. It's effects are limited to the injected area, so normal sweating in our body is unaffected. BOTOX™ treatment has been proven to be effective for underarm sweating. In one clinical trial, over 55% of 104 patients treated with BOTOX™ stopped sweating

and even more had a significant reduction. Hyperhidrosis on the hands also responds to BOTOX™ injections. This office procedure is simple and straightforward. Reduction of excessive sweating is usually observed within the first 4 weeks and the average length of response is around 6.7 months, but can last for years.

The Olympic Dermatology and Laser Clinic is proud to offer this new procedure to our patients. Insurance reimbursement is available in most cases. To explore the possibilities of BOTOX™ injections, please contact our office for a consultation with one of our medical practitioners.

The Olympic Dermatology and Laser Clinic is approved by the Allergan Corporation to use Botox™ Cosmetic Products. Botox is also the only FDA licensed product for temporary reduction of Moderate to Severe wrinkles.

**New Aesthetician Services for Relaxation, Beauty, and Rejuvenation**

One of the Olympic Dermatology and Laser Clinic's goals is for our clients to "Experience the Excellence" with healthier skin. In the fall of 2004, our clinic initiated the services and expertise of a licensed skin care aesthetician, Melissa Boyer, LE, for facial rejuvenation and physician supervised laser hair removal. Melissa now offers a full line of aesthetician services along with complimentary skin wellness consultations to provide you an individually tailored skin care plan. Advanced medical skin care products, the ones shown by research to be

highly therapeutic, are the foundation of our skin care program.

Let Melissa recommend the appropriate products to produce healthier, younger looking skin.

**Additional aesthetician services include:**

- **Relaxation facials** to clean, hydrate, exfoliate, and improve your complexion under expert massaging hands.
- **Chemical peels** to exfoliate dead skin cells and initiate skin rejuvenation.

- **Vibradermabrasion** for reduction of fine lines, skin irregularities, and uneven skin tone and texture.

- **Waxing and Tinting** to shape your brows and add color for brow and lash enhancement

- **Make-up consultations** to enhance one's natural beauty. Melissa utilizes a full line of micronized mineral make-up by Jane Iredale – a professional grade make up that is non- allergenic and yields beautiful results. You will see beautiful skin, not make-up.

**The Olympic Dermatology and Laser Clinic staff is looking forward to designing a regime for healthier skin based on your own personal goals and to offering the latest technology to keep you looking your best.**

**OLYMPIC DERMATOLOGY AND LASER CLINIC**

**Present this coupon for a 10% DISCOUNT OFF** one of the aesthetician services performed by Melissa Boyer or one skin care product.

- Wax/Tint for Brows or Lashes
- Vibradermabrasion
- Chemical Peels
- Professional grade Rejuvenating Products

VOID

Discount applicable to products and services listed on this coupon. Offer expires February 28, 2005

For additional information, check out our website at [www.OlympicDermatology.com](http://www.OlympicDermatology.com). On-line registration is now available on our website