

# SKIN 2012

Summer Edition

The Official Newsletter of



SKIN & BEAUTY CENTER

Cosmetic, Medical and Surgical Dermatology

Payam Saadat, MD • Manjunath S. Vadmal, MD  
Kristen Ochsner, PA-C • Pamela Hackeman



## ♦ What's in this Issue:

- Line, Line, Go Away!
- The Benefits of a Chemical Peel
- Doctor Highlight
- Omnilux is Here!
- A Primer on Mohs Surgery
- SBC's new Esthetician
- SBC Skin Care Tip
- Piel MD Eye Repair Complex
- Join the SBC Mailing List

## Line, Line Go Away!



The lines that appear on our faces as we age have earned numerous nicknames. The nasolabial folds that run from each side of the nose to the corners of the mouth are often called "laugh lines" or "smile lines" although few people find them particularly funny. Frown lines between the eyes are often referred to as "the 11's" or even the "111's"! Small wrinkles that crop up at the outer corner of the eye and radiate outward are known as crow's feet. And while a rabbit's twitchy nose may be cute, the so-called "bunny line" - a horizontal wrinkle which forms across the ridge of a human nose is hardly that. What to do?

So often it's the repeated contraction of a muscle under the skin that causes a wrinkle or "crease" to occur. Botox® and Dysport® are injectable solutions used to smooth wrinkles caused by muscular contraction. Use of either will temporarily relax the muscles which create crow's feet, frown lines between the brows as well as fine lines across the forehead and around the mouth.

Another way to rid one's face of unwanted lines is the dermal filler approach. As skin ages, fat and collagen reserves are lost, causing wrinkling. Restylane® and Juvederm™ act as "filling" agents to plump up and nourish the skin with hyaluronic acid, a naturally occurring substance found in the body. Injection of either Restylane® or Juvederm™ into folds and wrinkles smooths and hydrates for a more youthful appearance. Perlane® achieves similar results and is manufactured by the same company as Restylane®. The difference is Perlane's® particles are slightly larger and may be a better fit for filling deeper lines. It's also an excellent choice to soften the appearance of acne scars and other depressed facial marks. The dermal filler Radiesse® adds lift and volume while stimulating the production of new collagen. This vital protein found throughout the body is responsible for skin's firmness and suppleness.

As you can see, there are many choices to battle fine lines and other skin imperfections. SBC is pleased to offer all of the above treatments, most of which take mere minutes to accomplish with little to no downtime. Erase years from your face and embark on a path to more youthful looking skin today!



Pictured Left to Right:

Payam Saadat, MD  
Manjunath S. Vadmal, MD  
Kristen Ochsner, PA-C  
Pamela Hackeman



## SBC welcomes Pamela Hackeman!



Pamela Hackeman is a licensed esthetician with over 15 years of experience in professional skin care and make up. Pamela has had a passion for health and beauty most of her life. She has been teaching Beauty Make Up for Make Up Designory aka MUD for over 12 years, and has taught skin care seminars throughout the country as well as internationally, in such locales as Los Angeles, San Francisco, New York, Miami, Japan, Thailand and South Africa.

For Pamela's full bio, visit  
[www.SkinAndBeautyCenter.com](http://www.SkinAndBeautyCenter.com).



## The Benefits of a Chemical Peel

Who doesn't want their skin to look smoother and younger? In order to help mend years of sun damage, acne scars, fine facial lines and numerous other skin imperfections, consider the benefits of a chemical peel. It's one of the least invasive ways to improve skin's appearance. A patient's skin type and condition determines which kind of chemical peel will be used.

Here at SBC we offer three main types of peels:

A **salicylic acid** chemical peel gently exfoliates, removing the outer layer of skin, resulting in a healthy glow. Salicylic acid is a relatively mild solution applied topically and left on for up to 10 minutes. Slight stinging may occur. A series of six to eight peels spaced approximately three to four



weeks apart will gradually diminish fine wrinkling, even out pigment and effectively treat mild to moderate acne.

A **glycolic acid** chemical peel achieves similar results as the salicylic acid variety except a slightly stronger solution is used. This peel addresses acne, hyperpigmentation and scars. Melasma sufferers will see improvement as well. Safe for most skin types, a series of five

monthly treatments is usually recommended.

A **trichloroacetic acid** or **TCA** chemical peel removes skin cells from both the outer layer and the upper part of the middle layer of skin. Effective on acne scars, deeper wrinkles and precancerous skin lesions, trichloroacetic acid is the strongest of the chemicals we use. It's applied and left on the skin for a few minutes. A burning and/or stinging sensation is likely and complexion may turn red or brown in subsequent days. One to two weeks may pass before skin returns to normal and sun exposure must be avoided. Generally it's advised this procedure be performed only once or twice a year.

## PIEL MD EYE REPAIR COMPLEX



The Piel MD Eye Repair Complex is the solution for under-eye dark circles and is perfect for reducing the signs of aging. This powerful formulation combines All-trans Retinol, Green Tea, Arnica, and Vitamin K along with a system of chelators and peptides to deliver maximum results for the reduction in the appearance of under-eye dark circles, under-eye puffiness and fine lines and wrinkles around the eyes. This versatile eye repair cream also helps increase the firmness and tightness of the delicate skin around the eyes as well as enhances skin texture and smoothness.

## Doctor Highlight - Payam Saadat, MD



A Los Angeles resident since age six, Dr. Saadat attended USC Keck School of Medicine. He graduated with highest distinction - for excellence throughout his four years of medical school. He then spent a year at the Olive View-UCLA Medical Center training

in internal medicine before returning to USC for dermatology training. AT USC, he was appointed Chief Resident in Dermatology.

Dr. Saadat specializes in Mohs surgery and reconstruction, the treatment of psoriasis as well as CO2 laser resurfacing. He has authored numerous articles in peer reviewed journals and lectures at national and international conferences on a regular basis. He recently co-authored a text entitled "Making Decisions and Avoiding Complications in Skin Flaps" which is currently in press.

Presently appointed di-

rector of the Psoriasis Center at USC, Dr. Saadat is working on establishing a multidisciplinary center for excellence. He also remains passionate about teaching. His patients have the distinct advantage of being treated by someone who has taught and continues to teach other young physicians how to care for their own patients.

In his spare time, Dr. Saadat loves to travel. He's toured places as diverse as Portugal, France, Greece, and many other destinations. Additional hobbies include swimming and snowboarding.



**FREE SHIPPING**  
ON ALL PRODUCTS ON OUR WEBSITE!

[www.SkinAndBeautyCenter.com](http://www.SkinAndBeautyCenter.com)



**SKIN CARE TIP:**

Remember to reapply your sunscreen every 2-3 hours if you're outdoors and after perspiring or getting your skin wet.

For more tips visit:  
[www.SkinAndBeautyCenter.com](http://www.SkinAndBeautyCenter.com)



## Omnilux is Here!

The Skin and Beauty Center is pleased to provide Omnilux LED Light Therapy as a service to our patients. This FDA approved treatment addresses a number of skin conditions. Not only can it rejuvenate aging skin by reducing fine lines and wrinkles, it's also a worthy opponent in the fight against acne and is helpful in ridding the skin of pre-cancerous growths (actinic keratosis).

Panels of LED lights directed at the skin emit varying wavelengths, depending on the condition being treated. Omnilux Revive™ or red light therapy stimulates collagen production in the skin to counter the aging process. Omnilux Blue™ or blue light therapy has proven most beneficial in the treatment of acne. When used in conjunction with topical medications such as Levulan® or Medvixia™, it evolves

into a treatment known as photodynamic therapy (PDT) which is also used to combat actinic keratosis. An actinic keratosis is a small rough or raised area typically found after prolonged exposure to the sun. Some actinic keratoses can develop into skin cancers.

Patients come in for an initial consultation and a treatment regimen is devised. Usually it involves a four week course of twice weekly visits that last about 20 minutes each. Since the light emitted during treatment is very bright, safety goggles are provided and must be worn especially while undergoing blue light therapy. Omnilux is a painless procedure with no downtime except in the case of PDT patients who must apply the prescribed topical medication a few hours prior to treatment. This will likely cause irrita-



tion and redness to occur for several days, coupled with a need to stay out of the sun.

Optimum results become apparent eight weeks later and will vary. With red light therapy, many patients detect a noticeable smoothing of their fine lines and wrinkles. Acne sufferers may experience an increase in acne lesions during their treatment due to the detoxification process, but once blue light therapy penetrates the skin and kills underlying bacteria, they too should see marked improvement.

JOIN OUR  
MAILING LIST FOR  
**EXCLUSIVE  
DEALS,  
SPECIALS  
AND NEWS!**

3 ways to join:

Scan:



Text:

Text  
**SBCDERM**  
to **22828**

Visit:

[bit.ly/sbcderm](http://bit.ly/sbcderm)

## A Primer on Mohs Surgery

In cases of more aggressive or invasive skin cancers, or for cancers in areas where tissue sparing is necessary, it's often recommended a patient undergo Mohs surgery. First developed in the 1930s by Dr. Frederic Mohs, this highly specialized and precise technique offers the highest cure rate among treatments for skin cancer and can be used for practically any type.

Once a biopsy is performed, it could be a patient's skin cancer is no longer visible. However a surface lesion may only represent the "tip of the

iceberg." Tumor cells grow downward and outward into the layers of the skin, similar to the roots of a tree. Rather than remove a large area blindly, a surgeon performing Mohs surgery zeroes in and removes the visible tumor along with a thin layer of surrounding tissue. The tissue is then examined under a microscope and if evidence of cancer is revealed, another layer of tissue is taken from the same area. This continues until all samples are free of cancer. Typically, most tumors require 1 to 3 stages for complete removal. This painstaking

method minimizes the loss of healthy tissue and the extent of cosmetic consequences.

The Skin and Beauty Center is pleased to offer Mohs surgery on-site, performed in our office as an outpatient procedure. Local anesthesia is administered around the area of the tumor and the patient is awake the entire time. Since the whole process can take several hours, time and patience is required. One can expect scarring to occur as it will with any treatment for skin cancer but the point of Mohs surgery is to preserve as

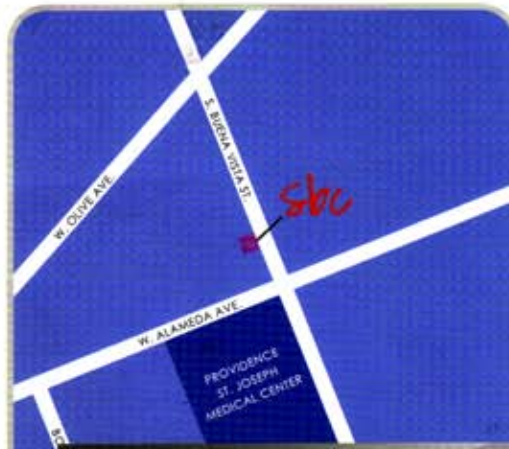
much healthy skin as possible and maximize options for repairing the surgical defect once complete removal of the tumor is achieved. Here at SBC we specialize in minimizing and camouflaging scars during the reconstructive process. Mohs surgery and any follow-up reconstruction is usually accomplished the same day.







6221 Wilshire Blvd. Suite 101  
Los Angeles, CA 90048  
(323) 857-0777



191 S. Buena Vista St. Suite 475  
Burbank, CA 91505  
(818) 842-8000

SKIN & BEAUTY CENTER  
6221 WILSHIRE BLVD. #101  
LOS ANGELES, CA 90048

LOS ANGELES CA 900

NOV 20 12 PM 12 L



[www.SkinAndBeautyCenter.com](http://www.SkinAndBeautyCenter.com)

Most of our patients are referred by other patients. Thank you for your trust and confidence in our office.

52253421875

